

SEVENTH EDITION



YARMOUTH BRANCH
CAPE COD HOSPITAL AID ASSOC.

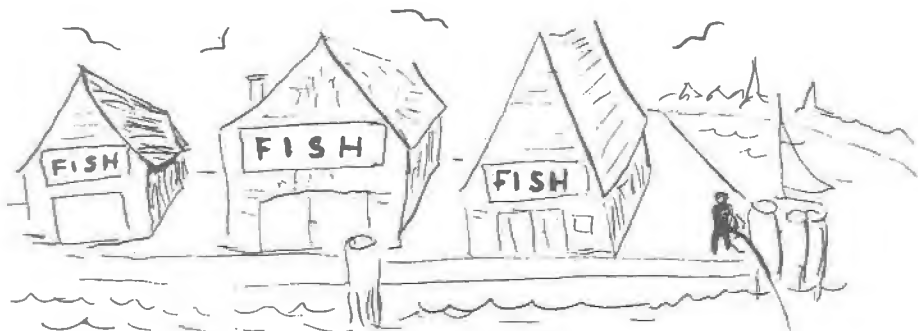


*To those who like their sauces plain,
To those who like their's garlic gay,
To those who eat, to those who cook,
We dedicate this saucy book
To make one super dish a day.*

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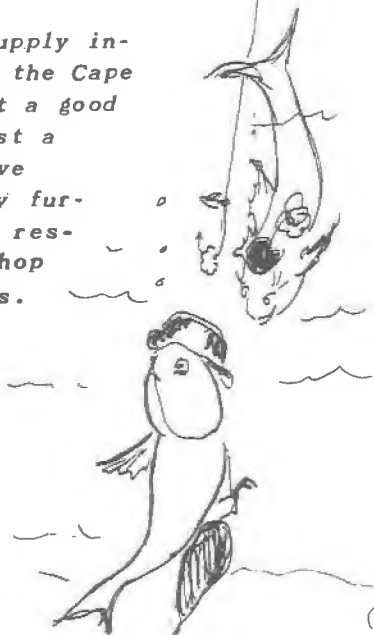


This little book is launched with a double purpose; to raise money for the Cape Cod Hospital and in the hope that it will be a help to those who are new to the kitchen - brides, business girls, and the many women who are learning to get along without a cook. It will not teach you the routines of cooking; those you can find in any of the standard cookbooks obtainable. But we trust that it will give you some short cuts and suggestions which we have had to discover for ourselves through years of experience. In addition we hope that it will give you recipes which you will treasure because they are unusual, or for their association with Cape Cod or for various reasons of your own.

It is intended, also, to supply information for which visitors to the Cape are always asking - where to get a good lobster, or a good steak, or just a good dinner! Advertisements have been most carefully chosen; they furnish suggestions about hotels, restaurants, pleasant places to shop and answer many other inquiries.

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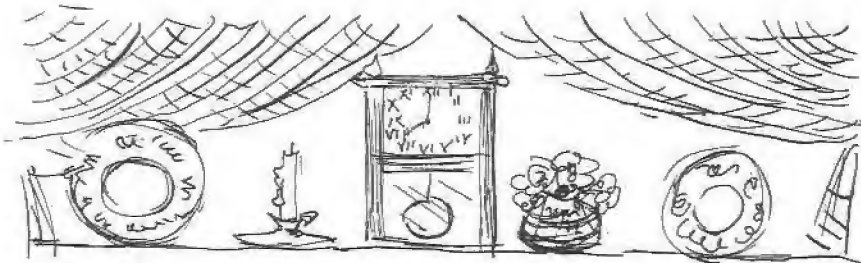
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FOR POSTAGE AND HANDLING, TO THE YARMOUTH
BRANCH, CAPE COD HOSPITAL AID ASSOCIATION,
YARMOUTH PORT, MASSACHUSETTS .



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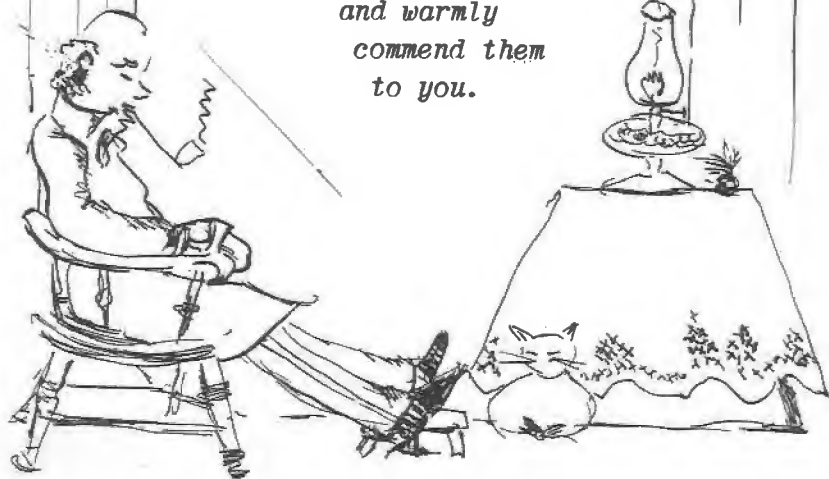
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*If you are on the Cape,
or are planning a visit,
pages 100 to 117 will have
special interest for you.*

*There are many
excellent shops, inns
and other places of
business not listed
here, but we know
our advertisers,
and warmly
commend them
to you.*





Canapes and Hors d'oeuvres

Tiny Salad Puffs

1/2 cup boiling water

1/4 cup butter

2 unbeaten eggs

1/2 cup sifted flour

1/4 tsp salt

Add butter to water and bring to a boil at high heat. Turn low, add flour and salt all at once and stir vigorously. Cook until mixture leaves the sides of pan. Remove and cool one minute. Add eggs unbeaten, one at a time, beating until smooth.

Drop by tablespoonfuls on a greased cookie sheet 2 inches apart. Bake at 400 degrees for 40 minutes. For appetizers drop by teaspoonful. Split and fill cavities with the following mixture.

1 large can crabmeat

1 small can lobster meat

1 bunch celery cut fine

1 pint mayonaise

Mixture for Cheese Canapes

3/4 cup coon cheese

1 tbsp bahamian mustard

1 tsp cream

1 tbsp horseradish

paprika

Mix all together. It will keep in the refrigerator.

Cheese Mix for

Cheese dreams and sandwiches

3/4 lbs. cheese grated

1 egg

1 cup milk

1 tsp mustard

1 tsp Worcestershire Sauce

Salt and pepper

Put all in double boiler and cook until thick.

For Toasted Mushroom Sandwiches

1 lb. mushrooms put through the grinder. Cover with a small amount of water, (about a cup), and cook until tender. Thicken to a paste with three tbsp. flour and two tbsp. butter. Let cool.

Butter small rounds of bread on both sides, spread with mixture and put together in sandwiches. Toast under broiler.

Chicken, Ham and Olive Spread for Canapes or Sandwiches

1 cup finely chopped cooked chicken
1 cup finely chopped boiled ham
1/2 cup finely chopped green olives
Well-seasoned mayonnaise to make a spread.

Crab Lorenzo Canape

2 tbsp chopped onion, fried (but not browned) in
1/4 cup butter

add:

1 tbsp flour

2 cups crabmeat

Cook 3 minutes

add:

1 cup cream (thin): cook until thick

2 tsp salt

2 tsp dry mustard

2 tsp paprika

2 tsp Worcestershire sauce

Place crabmeat on rounds of toast which have been fried in butter. Sprinkle with parmesan cheese and paprika, bake until brown.

Mock Pate de Foie Gras Canape

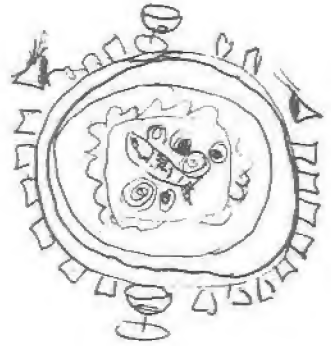
Cook chicken livers - sieve and mash, well-season with lemon juice, onion juice, salt and pepper. Serve on toasted crackers with a garnish of thinly sliced stuffed olive.



Fish Paste

Put through the food chopper, using coarse knife.

6 large cans sardines
3 6-oz. cans kippered herring
1 oz. pimento
juice of 1-1/2 lemons
1 tsp Worcestershire Sauce
1 tbsp anchovy paste



Beat with an electric beater then add 1/2 cup mayonnaise and whip until well blended. Put in a bowl and place in the refrigerator to mold. Pass with crackers at the table with tomato juice as a first course, or at a cocktail party.

Stuffed Eggs

4 hard boiled eggs
5 tbsp butter
10 anchovy fillets
salt, white pepper
garnish: parsley, tomatoes

Cut eggs in half, crosswise or lengthwise. Remove yolks carefully and put whites aside. Pass egg yolks, butter and anchovies through seive and stir until smooth. Season to taste. Refill whites with mixture forced thru pastry tube. Sprinkle each egg with finely chopped parsley and place on lettuce leaf. Arrange on platter and garnish with sliced tomatoes.

Dried Beef and Cheese Spirals

Lay dried beef flat on board, spread with cream cheese that has been softened and mashed with a little cream and horse radish. Roll from end to end. Place in the refrigerator wrapped in waxed paper. When ready to serve cut in 3/4 inch pieces.

Work into a paste equal parts of soft cream cheese and roquefort cheese. Season with Worcestershire and paprika, spread on potato chips just before serving.

Tuna Fish Canapes

1 can tuna drained; mash with fork and add mayonaise to make paste, spread on rounds of toast, sprinkle with grated cheese and brown under broiler. Serve hot.

Have you ever seen a herring run? Like salmon, the herring spawn in fresh water in the spring, making their way by thousands up little streams leading to the ponds where the spawning takes place. Since the pond is higher than sea level these little fish, so close together that you can reach in and catch them by hand, swim upstream against incredible odds - rushing waters formed by rocks in the stream, and even against small rapids when the pond spills over a dam. It is a fascinating and amazing sight, and we on the Cape know that spring is really here when the herring begin to run.

Pickled Herring, with Onions (As We Like Them on Cape Cod)

Get a pail of herring at a run in the spring. Cover with ice cream salt for 2 or 3 weeks. Keep weight on top, cover with cheesecloth. Then dry in sun, if you wish to keep them for many months or, purchase salt herring as needed.

Either way, freshen out a few overnight in fresh water. Then skin, and cut in small pieces and put in jar or bowl. Add vinegar, brown sugar, sliced onions, a few cloves, pepper corns. Allow about 10 days or two weeks. Keep in ice box. The small bones should be completely softened when ready to eat. A great appetizer. May be served with a dab of sour cream.

Pickled Mackerel

Cut mackerel into 1-1/2 inch slices, boil in heavily salted water with cloves and bay leaves, and pepper corns. Remove and add a cup of vinegar, and sliced onions. Keep in refrigerator.

Mushrooms and Bacon

Peel and break in small pieces 1/4 lb. mushrooms. Saute in 1 tbsp. of butter and sprinkle with flour, adding cream to thicken. Season with salt and pepper. Place on small rounds or triangles of toast, or bread fried in butter, and top with a small piece of cooked bacon.

For the Cocktail Platter

Thin slices of bologna, cut straight (not on a slant) spread with cream cheese softened with a few drops of milk, season with salt, pepper, prepared mustard and 2 or 3 drops of Worcestershire. Roll up and fasten with a toothpick.

or

spread thickly with cheese mixture stiffer than above and pile slice upon slice for six or seven pieces, with bologna on top. Stand in ice box for 3 or 4 hours, and cut in wedges.

Cut bread in squares an inch each way.. Dip into a mixture of 1 egg beaten with a tbsp. melted butter; roll in grated cheese; sprinkle with paprika. Put in hot oven for a few minutes until cheese is golden brown.

Asparagus in Blanket

Thin slices of bread spread with heavy well-seasoned mayonnaise, rolled over spear of asparagus. Fasten with a toothpick and cover with cloth wrung tightly out of hot water.

Take small bell tomatoes, skin and hollow and sprinkle with salt. Turn upside down to drain. Fill cavity with caviar and garnish with tiny sprig of parsley.

Clam and Tomato Cocktail

Mix 1/3 tomato juice and 2/3 clam juice. Season to taste with tabasco sauce and lemon juice.

Christmas Eggnog

Beat the yolks of
12 fresh eggs; add gradually
12 tbsp. granulated sugar. When smooth pour in
1 pint of bourbon whiskey, stirring, add
1/2 pint Jamaica Rum slowly, stirring, add
1 pint heavy cream.

Beat the whites of eggs very stiff and fold into the above mixture. Sprinkle with nutmeg and chill thoroughly.

Tomato Juice Cocktail

1 large can tomato juice
1 small jar chilli sauce
3 bay leaves, salt, celery salt
1 tbsp sugar
2 cups hot water with 2 boullion cubes

Boil five minutes and strain, cool and add juice of 1 lemon, dash tabasco sauce.

Pineapple - Grapefruit Cocktail

2 cups grapefruit juice
1 1/4 cups pineapple juice
1/4 cups lemon juice
1/2 cups simple syrup

Chill.

May be served with a scoop of lime sherbet.

Frosted Cranberry Cocktail

To each serving of chilled cranberry juice add a scoop of orange sherbet; garnish with a sprig of mint.

Grape Juice Cocktail

1 cup grape juice	2 tbsp lemon juice
1/4 cup simple syrup	1 cup charged water
crushed ice.	

Mix ingredients, shake well, strain out ice and serve at once.

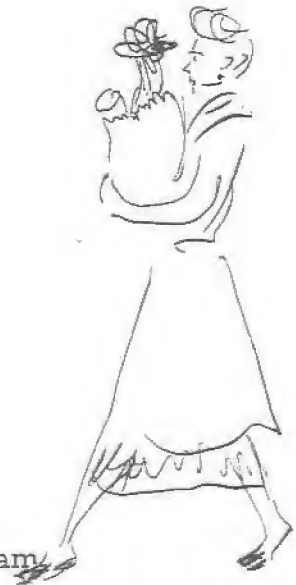
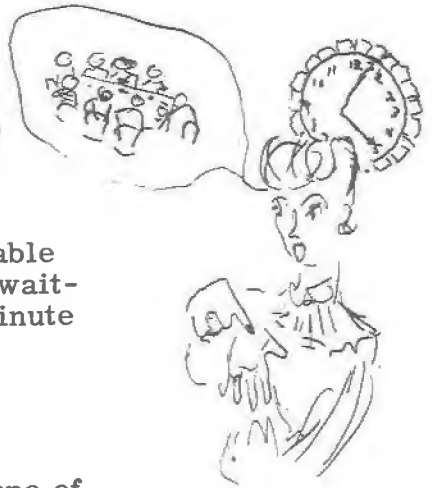
In Place of Soup

These may be placed on the table before guests arrive, or be waiting in the ice box for last minute placing, instead of soup.

Large Aspic Ring, or Individual small ones

Make a jelly of one envelope of plain gelatine, two cups of water and season to taste with B.V., Bovril, Armour's extract or any other condensed meat extract. It is better if seasoned strongly. Mold in one large ring or required number of small rings. When turned on platter, or individual plates, fill center with fish salad, vegetable salad or cottage cheese with chopped peppers, a little scraped onion, salt and pepper; almost anything you wish or that you have on hand may be used.

Variation 1. When jelly is made use $\frac{1}{4}$ cup of sherry in place of $\frac{1}{4}$ cup of water and leave in bowl in which it was mixed until partially set. Then add 2 hard boiled eggs chopped fine, 2 tbsp. of parsley chopped fine, and one-half cup of pate de fois gras and pour into mold. Serve with center filled with mixture of $\frac{3}{4}$ mayonnaise and $\frac{1}{4}$ whipped cream.



Variation 2. Make an aspic in either a large ring mold or in individual small ones - not rings; glass muffin dishes will do. Pour half full and set in refrigerator until stiffened. Arrange as many hard boiled eggs as you will need on the stiffened jelly and pour the remainder which has been kept soft outside the icebox, over the eggs. Chill; when serving fill the center with mayonnaise, if ring mold is used.

Variation 3. Make individual molds of aspic as above, using sardines in place of eggs.

Tomato Aspic

Boil together 2-1/4 cups of tomato juice, a bit of bay-leaf, two or three slices of onion, half a dozen peppercorns, salt and sugar to taste and a pinch of oregano for ten minutes. Measure 2 cups (if necessary to make the amount add water) and make an aspic with one envelope of gelatine. Serve with center filled with mayonnaise, and arrange cottage cheese around the ring.

Garnish all the foregoing with parsley - in fact, always garnish with parsley!

As many slices of bread as there are people at the table. Mix enough cream cheese moistened with a bit of milk, and roquefort cheese to your taste, to cover bread. A thick slice of tomato to fit each round of bread; mayonnaise, well seasoned; half as many cold hard boiled eggs as there are pieces of bread.

Cut a round of bread from each slice and saute in butter on both sides. Spread generously with cheese mixture. Place a slice of tomato on top of that. Spread well with mayonnaise. Cut eggs in half around the middle and place one half, cut side down, in center of each mayonnaise-covered slice of tomato. Dash paprika on the eggs, and garnish with parsley.

Cold boiled lobster cut in pieces, or scallops boiled only a few minutes in salted water and then chilled, or a mixture of sea food, served in Russian dressing (mayonnaise with chili sauce) may be placed in sherbet glasses at each place before the guests arrive, in place of soup.

Avocado and Tomato Aspic

- 1 large very ripe avocado
- 2 regular size cream cheese
milk to soften cheese
- 1/2 envelope gelatine
- 1/4 cup milk

Soften gelatine in 1/4 cup of milk. Mix cheese with additional milk until consistency of soft whipped cream. Mash avocado until soft and free from lumps, and add a few drops of lemon juice, then blend with cream cheese. Be sure the mixture is very soft - if necessary add a few more drops of milk. Heat milk and gelatine until gelatine is dissolved then mix well with the avocado mixture. Place in ring or other mold leaving space for tomato jelly on top, and stand in icebox until stiffened.

Make a tomato jelly as follows: 2 cups rich tomato juice, sugar, salt, pepper to taste, pinch of oregano and 1 envelope gelatine and keep in room temperature until the other mixture is stiff. Then pour the tomato aspic in the mold and place in the icebox until ready to serve. Remember that avocado darkens when exposed to the air for any length of time, so unmold shortly before using. Serve with a bowl of french dressing. This is a particularly pretty, as well as a delicious, beginning for a meal, or it can be used as a salad.

Tomato Caviar

Remove skins from small tomatoes, scoop out centers, sprinkle with salt, invert and drain; chill. Fill with crumbled cheese mixed with cream and seasoned with celery salt. Accent each tomato with caviar. Place on rounds of toast and garnish with watercress to use as a first course.

Devilled Eggs as a First Course

Hard boil as many eggs as servings. Cut in halves, remove yolks, mix with salt, pepper, tobasco (2 drops) mayonnaise. Replace in whites, dash of paprika on top. Place on crisp lettuce; pour french dressing over.

Ham Aspic (8 People)

3/4 lb. cooked ham put through grinder: add
1 cup cream sauce
1/2 cup sherry

Use packaged aspic and follow directions. Pour half into a mold rinsed with cold water. When it jells, put in ham mixture, cover with remaining aspic, and place in icebox to stiffen. Garnish with watercress or parsley.

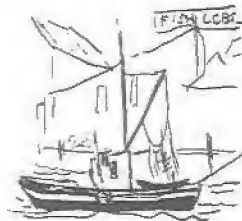
Fresh Mushroom Canape

Round of fried bread (very lightly done). Cover with a large whole mushroom (cup side up). Sprinkle with grated young american cheese and onion juice. Place in hot oven or under broiler, about 5 minutes. Sprinkle with coarsely cut parsley before serving. Serve hot.

Christmas Canape

Take the peel from as many tomatoes as servings, salt and invert to drain. Make cream cheese balls. Place tomatoes on crisp lettuce leaf, put cream cheese ball on tomato, put cloves in for eyes and nose, also for arms in tomato. Place on cream cheese head, the stem-end half of a radish for a hat.





**For your own
kitchen secrets**

Lobster Bisque - from the Colonial House Yarmouth Port

- 4 cups chicken stock, cooked with carrot, onion, celery, parsley & pinch of garden herbs for $\frac{1}{2}$ hour, then strained.
 - 1 lb. cooked lobster meat cut in small pieces
 - 5 cups scalded milk
 - $\frac{1}{2}$ " butter blended with $\frac{1}{2}$ cup flour
 - 3 Tsp. salt, $\frac{1}{4}$ tsp. cayenne pepper
- To blended flour & butter add stock & milk. Simmer 5 mts. Then add lobster meat and seasoning. Simmer - never let it boil - for 1 hr. just before serving add $\frac{1}{2}$ cup cherry. Serves 12.

Cape Cod Clam Chowder

- 1 qt. clams, well washed & finely chopped.
- 2 large onions thinly sliced.
- 2 medium sized potatoes, sliced thin or chopped.
- 4 slices fat salt pork, cut in small cubes.

Fry out pork in a large kettle & remove scraps. Add onions and cook until soft. Add potatoes, cover with water & cook until potatoes are soft. Add strained clam water, then clams, & cook 5 mts. Season with pepper, add a quart of rich milk & bring to boiling point. Add a generous lump of butter & serve with pilot crackers.



SOUPS



Fish Chowder

Chowder can be made with either codfish or haddock (we prefer haddock), and the amount depends upon the number of people to be served. It is better if allowed to stand for a few hours to "ripen" - in the refrigerator, of course!

Have the fish cut in chunks, and the head cleaned to boil with the fish, for flavor. When the fish is cooked remove from the liquid and remove skin and bones, leaving the meat in large pieces as far as possible. Fry out cubes of salt pork, and when dry of fat remove, but save them. Slice onions and cook in the pork fat until soft and yellow. Peel and cut one or more potatoes into very small cubes and add to the onions; add liquor from the fish and boil gently until potatoes and onions are cooked. The potatoes should be very soft as they will be the only thickening. Add the fish, and milk to make it as fluid as you like. If you can use very rich milk, or half cream, it is that much better. Season to taste. Heat the pork scraps and throw into the chowder. Serve with pilot crackers which have been heated in the oven.

Vegetable Soup

- | | |
|---------------------------------|-----------------------|
| 2 lbs. soup meat (beef or lamb) | 4 stalks celery |
| 3 or 4 carrots | 4 medium potatoes |
| 3 or 4 medium onions | 1 #2 can tomatoes |
| 1/2 cup barley | 1 tsp celery salt |
| 1 white turnip | 2 tsp salt and pepper |

Cover meat with water, add salt and let stand 1/2 hour. Simmer 1/2 hour. Add cut up vegetables and cook 1 hour or until meat leaves bone.

Get into the habit of saving liquor from vegetables, small amounts of gravy and cooked vegetables. Almost anything can go into the soup pot.

A little experimenting in seasoning, and in the use of meat extracts and sauces made for the purpose, will enable you to produce delicious and nourishing soup from what might otherwise be thrown away.

Scallop Stew

- | | |
|---------------------|----------------|
| 1 qt. Cape scallops | 1/2 tsp salt |
| 1 qt. milk | 1/8 tsp pepper |
| 1/4 cup butter | 1 tsp paprika |
| 1 tbsp flour | |

Cook scallops in 2 tbsp. butter for 5 minutes, melt remaining butter, in another pan, add flour and blend well. Add scalded milk, salt and pepper and cook over hot water for about 15 minutes. Serve with paprika as a garnish.

Oyster Stew

- | | |
|----------------|-------------------------|
| 1/4 cup butter | 1 qt. oysters |
| 1/2 tsp salt | 1/2 cup cold water |
| 1/4 tsp pepper | 1 qt. rich milk scalded |

Go through oysters removing bits of shell if any, add water and cook for a few minutes until they are plump and the edges are curled.

Remove oysters with a slotted spoon and add to the milk. Add strained liquor, salt, pepper, and butter. Serve with a sprinkle of paprika on each cup.

Mock Bortsch Soup

- | | |
|------------------------|-----------------|
| 2 qts. bouillon (beef) | 2 stalks celery |
| 1 small cabbage cut up | 2 slices bacon |
| 3 onions | 2 sausages |

Cook until vegetables are tender. Strain, cool and clear. Just before serving bring to a boiling point and add the juice from one can of beets. Add a little whipped sour cream to each soup plate.

Puree of Clams

- | | |
|---------------------------------|-----------------|
| 1 qt. clams, thoroughly cleaned | 4 tbsp. butter |
| 1 qt. water | 4 tbsp. flour |
| 2 slices of onion | 1 qt. rich milk |

Put clams through the chopper. Cook in double boiler with water, onion and clam liquor for half an hour or more. Strain through coarse sieve. Melt butter, add flour, and one quart milk scalded. Add clam puree, season to taste with salt and pepper, and sprinkle a little chopped parsley over each serving. If some of the milk can be replaced by cream the soup will be that much better.

Danish Fruit Soup

This soup can be made from freshly extracted Concord grape juice or from bottled grape juice; with freshly cooked fresh fruits or from canned cooked fruits. The soup may always be a little different but should have the general sameness, richness, sweetness and thickness.

- | | |
|---------------------------|-------------------------|
| 1 pt. Concord grape juice | 1/3 inch stick cinnamon |
| 1/4 cup lemon juice | bark 1/2 to 3/4 inch |
| 2 lemon slices | thick piece whole |
| 1/2 cup sugar | ginger size of a pea |
| 3 whole cloves | |

Simmer above 10 minutes, remove from the range and add:

- 3 halves cooked pear sliced
- 2 halves cooked peaches sliced
- 6 halves cooked apricots sliced
- 6 halves cooked plums or prunes stoned
- 1/2 cup cooked black or red cherries



1 cup mixed fruit juice collected from fruits used. Cool, place in refrigerator. This soup is best when used several hours after being made or even the next day. It has good keeping qualities under refrigeration. Berries such as raspberries may be used instead of cherries. Makes about 1 and 1/2 quarts.

Creame Vichyssoise

- | | |
|-------------------------------|------------------------|
| 4 bunches leeks | 3 tsp. salt |
| 1/4 lb. butter | 1/2 tsp. pepper |
| 4 medium potatoes | pinch nutmeg |
| 1 stalk celery | 2 tbsp. chopped chives |
| 3 sprigs parsley | 1 tsp. Worcestershire |
| 1 qt. home made chicken broth | sauce |
| 1 pt. heavy cream | 1/4 cup dry sherry |

Slice thin white part of leeks and saute slowly in butter for about ten minutes. Add potatoes sliced very thin, celery, parsley, and broth and bring to the boiling point, then turn down heat and simmer about 30 minutes. Strain, add salt, pepper, nutmeg, Worcestershire sauce, wine, and cream. Stir well, chill and serve ice cold. Serves 6 to 8 persons. Sprinkle with chives. This soup may also be served hot.

Golden Cheese Soup

- 2 tbsp. chicken fat or butter
- 2 tbsp. flour
- 2-1/2 cups milk or 2 cups milk and 1/2 cup cream
- 3/4 cup grated cheese - sharp cheddar or aged young American
- 2 tbsp. diced carrot
- 2 tbsp. diced green pepper
- 2 tbsp. diced celery
- 2 tbsp. diced onions
- 2 cups chicken stock - fat free. Salt & pepper to taste. Paprika

Make cheese sauce of first 4 ingredients and cook until smooth. In the meantime cook vegetables in chicken stock until done but not soft. Combine the two, sprinkle with paprika and serve.

Onion Soup Au Gratin

- 6 medium sized onions sliced thinly
- 4 tbsp. butter
- 1-1/2 tbsp. flour
- 6 cups chicken stock
- few drops gravy darkener
- Parmesan cheese
- rounds of toast

Saute onions slowly in fat or butter, add flour and continue to cook, turning onions often. Lower heat and continue to cook until onions are golden brown. Add stock, simmer about 30 minutes, then add salt and pepper to taste. Add a few drops of gravy darkener for the desired color - should be rich brown. When ready to serve, place toast on top of soup and sprinkle generously with cheese. (Cheese may be passed if preferred.) This soup is best if made a few hours early and left to stand.

Cream of Quahog Chowder (Ko-Hog)

(Clams may be substituted but not as flavorsome)

- 1 qt. of Quahogs (largest size for flavor)
- 3 large or 6 small potatoes
- 3 large or 6 small onions
- 1/2 lb. fat pork
- 1 cup cream (evaporated milk may be used)
- 2 cups cows milk
- 1 doz. common crackers

Boil quahogs a few minutes, drain and save liquid. Grind up onions in coarse grinder, or chop. Grind quahogs with fine grinder. Fry pork scraps, drain and add fat drippings to chowder. Small cube potatoes. Simmer all but the pork scraps, about 35 minutes, or until potatoes are tender. Season and thicken with half cup of flour and water. Boil gently a few minutes. Scald milk and stir in. Put in double boiler to keep hot. Taste again for seasoning. Serve in chowder bowls, floating 2 light golden crackers on top and a few pork scraps.

To toast crackers, put dab of margarine on each and a shake of paprika, and slide under broiler until light golden color.

King's Quahog Chowder

Same as above but add a quart of Tautog, a fish also known as black fish in New York, and as sheepshead. Have fish skinned before boiling. Tautog is plentiful on the Cape - a fish to the King's taste, but the skin must be removed before cooking, as it is strong and oily.

SOUPS MADE BY USING VARIOUS CANNED SOUPS AS BASE

Fresh Onion Soup Using Canned Bouillon

- 2 cups thinly sliced yellow onions
 - 2 tbsp. butter
 - 1 tbsp. flour
 - 2 cans beef bouillon
 - 1-1/4 cups water
 - 1 tsp. gravy darkener (Kitchen Bouquet)
- Rounds of toast sprinkled with grated parmesan cheese - use French bread toasted if you can get it.

Saute onions in fat and sprinkle flour over all (1 tbsp.) and continue to saute until onions are golden brown using spoon to turn often - will take about seven minutes - add bouillon and water, bring to a boil and add gravy darkener. Simmer for 5 to 7 minutes. Serve hot with one round of toast, 2 tsp. cheese to each serving. Cheese may be passed if preferred. Makes four servings.

Mock Lobster Soup

- | | |
|-------------------|---------------------|
| 1 can pea soup | 2 tbsp. sherry wine |
| 1 can tomato soup | 1 can crab meat |
| 1 can consomme | a few tbsp. cream |

Put all three soups in a pan bring to boiling point add crab meat and wine, lastly the cream.

Quick Cold Soup

- Chill well
- 1 can consomme
 - 1/2 cup sour cream
 - 2 tbsp. tomato catsup
 - 1 cup diced or juliene beets
- Serve very cold.

Cream of Pea Soup - Pall Mall

Cream of Pea Soup to which finely minced mint leaves have been added just before serving.

Clam Broth With Tomato

Clam broth or bouillon blended with equal part of tomato bouillon. Heat and serve with a rosette of whipped cream and a dash of paprika.

Cream of Mushroom and Tomato Soup

One can each of cream of mushroom soup and tomato soup. Blend well and add equal amount of scalded milk. Serve with a garnish of chopped parsley.

Cream of Tomato Soup with Carrot and Onion

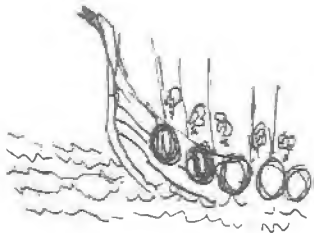
Grate 1 medium sized carrot and slice thinly 1 medium sized onion. Cook carrot and onion in 2 cups of water until done, add to 1 can of tomato soup, blend and finish by adding 1/2 cup cream.

Green Turtle and Pea Soup

Combine 1 can pea soup, 1 can green turtle soup, and add sherry wine to taste. Cream whipped may be used as a garnish or golden brown croutons.

Curry Soup

1 can consomme and 1 can pea soup stirred until smooth and brought to boil. Mix 1 tsp. of curry powder in a little cold milk. Add to 1 can of milk (use the consomme tin for a measure) and scald. Mix all together and serve very hot.



For your own
kitchen secrets.



Clam Pie

- 1 qt. sea clams, cleaned and
chopped or ground
- 6 tbsp. top milk or coffee cream
- pepper. Salt and a little scraped onion

Line a pie plate with pastry and
fill with above. Sprinkle 2 tbsp.
flour over top, and dot ^{very} generously
with butter. Cover with pastry and
bake at 450° for 20 min, then at
400° for 20 or 25 min.



FISH

Dropped Cod Fish Balls

- 1 cup cooked cod fish flaked
or
- 1 pkg. shredded cod fish
- 1 tsp. salt
- 1/4 tsp. pepper
- 2/3 cup hot milk
- 1 slightly beaten egg
- 1 heaping pint potatoes
pared and cut up

Cook the potatoes adding the salt if fresh fish is used, omitting it if prepared shredded fish is used. When

tender drain, add fish, egg, pepper and mash, adding hot milk gradually and beating until light and fluffy - 2 cups of mashed potatoes can be used instead to mix with the fish, eggs and seasonings, if desired. Have kettle of hot fat ready. Dip a tablespoon or fork into fat, take up a spoonful of mixture, drop into hot fat and cook until brown (about 2 minutes). Be careful not to crowd them and be sure to keep the fat hot enough. Dip the spoon or fork into the fat each time you take up the mixture. If a deep fat frying thermometer is used the temperature should be 390°

Lobster Souffle

Take the meat from a 2 lb. lobster. Beat 3 tbsp. stiff mayonnaise, one cup aspic jelly, 1/2 cup tomato sauce together, when it begins to set, fold in pieces of lobster. Garnish with pounded lobster coral or browned crumbs. Put in the refrigerator to stiffen.

Aspic Jelly: 1 can consomme, 1 tbsp. plain gelatine soaked in 1/4 cup cold water, and 2 tbsp. sherry. Bring to boil and set aside to cool.

Bass

Striped bass or "stripers" have always been favorites on Cape Cod, both for the sport of catching them, and for their delicious quality as food. Of late years they have become known far and wide because of the "fishing derbies" at which fabulous prizes are given, and which draw many fishermen from all parts of New England.

Striped bass is baked as any other fish, but the meat is inclined to be dry, so it is well to place slices of salt pork on top, and to baste frequently. It is also delectable when boiled and served with any of your favorite sauces for fish.

Black bass are caught in the many "ponds" on the Cape - if you have luck. They are excellent fried, or, if large, boiled with melted butter or a sauce.

And, by the way, have you ever made fish hash, as you make corned beef or any other hash? If not, try it the next time you have some left-over fish, making it with moist mashed potatoes and cooking it slowly in plenty of fat, on both sides, so that it is deliciously brown and crisp.

Broiled Scrod

Scrod is one of many famous Cape Cod dishes. Scrod is young cod, and may weigh up to five pounds.

Split the fish and rub the inside with butter, bacon fat or olive oil. Broil the inside first and turn. Twenty minutes is usually enough to broil a fish of ordinary size. Spread with warm butter, pepper and salt, garnish with parsley and serve.

Molded Fish

1-1/3 cups halibut
2 egg whites
1-1/4 cups heavy cream
Salt, pepper, cayenne to taste

Put fish through fine cutter of meat chopper, add two egg whites beaten stiff, add 1-1/4 cups heavy cream, and seasoning. Turn into a buttered fish mold, cover with buttered paper, set in pan of hot water and bake until firm. Turn onto a platter and serve with mushroom sauce.

Croustade of Oysters

- | | |
|---------------------------|-----------------|
| 1 3-day old loaf of bread | salt and pepper |
| 3 cups bread crumbs | 3 pts. oysters |
| 1 qt. cream | chopped parsley |
| 3 tbsp. flour | |

With a knife cut out the heart of bread being careful not to break the crust. Break up crumbs very fine and dry them slowly in oven. Then quickly fry 3 cupfuls of them in 2 tbsp. butter until brown.

Scald 1 qt. cream, add 3 tbsp. flour mixed with 1/2 cup milk. Cook 8 minutes. Season well with salt and pepper. Put a layer of cream sauce in croustade then a layer of oysters which have been dredged with salt and pepper then a layer of sauce and bread crumbs. Bake slowly 1/2 hour. Garnish with parsley.

Steamed Mussels

Scrub 4 qts. of mussels, place in deep kettle with 1/2 cup of olive oil and a clove of garlic. Cover tightly and cook until the shells open. Serve hot with broth in which a little lemon juice has been squeezed.

Chopped Clams on Toast

Clean 1 qt. of clams. Put the soft part through meat chopper, with three saltine crackers.

Just before serving melt a good lump of butter in a skillet, and add the clams which have been mixed with a tbsp. of flour and cook a few minutes. Season with salt and pepper and add a tbsp. of heavy cream and serve on toast.

Hashed Littleneck Clams on Toast

- | | |
|-------------------------|-----------------------|
| 1 tbsp. butter | 1 tsp. chopped chives |
| 3 doz. littleneck clams | 2 tsp. parsley |

Melt butter, add clams chopped fine and juice; add chives and parsley. Cook until it boils up twice. Thicken with bread crumbs and add 2 tbsp. sherry. Season to taste and serve on toast.

Salmon Pudding

- | | |
|--------------------------------------|---------------|
| 1 can salmon | 3 eggs beaten |
| 1 cup bread crumbs | 2 cups milk |
| salt, pepper, 1/4 tsp. scraped onion | |

Mix, put in casserole or fish mold and bake in pan of hot water at 300° for 1/2 hour.

Fillet of Sole (Flounder)

- | | |
|----------------------------|--------------------|
| 6 to 8 fillets of flounder | 1/2 lb. mushrooms |
| 1 tsp. salt | 3 tbsp. cream |
| 1/4 tsp. pepper | 2-1/2 tbsp. butter |

Wash fish, rub with salt and pepper. Dip in flour. Melt butter in the pan and add washed and sliced mushrooms, lay in the fish, cover and saute slowly for fifteen minutes over very low heat. Turn the fish, cover and cook 15 minutes longer. Add the 3 tbsp. cream and cook another 15 minutes. This serves four persons.

Flounder Hyannis

Trim fillets, lay in frying pan and cover with about 2 cups thin cream. Add 1/2 cup sherry and season with salt and pepper and cook 5 or 6 minutes on top of stove. Remove to a baking pan and add shrimp or lobster meat and bake in hot oven (400 degrees) until cream and sherry are thick. Add 1/3 cup buttered crumbs. Place pan with fish under broiler. When sauce bubbles and browns in spots, remove from the fire, garnish and serve.

Takes 2 lbs. flounder, 1 lb. or 1 can shrimp or 1 small lobster.



Baked Herring Roe

1 qt. herring roe. Dip in bolted corn meal or flour. Salt and pepper. Place flat in large pan. Pour over all melted bacon fat or half margarine and vegetable fat. Bake until golden brown about 25 minutes in 425° oven.

Fresh Halibut Filet Mornay

Place individual portions halibut fillet in a buttered baking dish, sprinkle with salt and pepper and mask with heavy cream sauce, cover with finely sifted bread crumbs and lastly a generous amount of grated parmesan cheese. Dot with butter, sprinkle with paprika. Add a small amount of water to the pan (this will be absorbed by the heat and prevent the fish from sticking to the pan). Bake in 425° oven about 20 minutes, until the fish is a golden brown and is flaky when tested with a fork

Heavy Cream Sauce

4 tbsp. butter	1 cup milk
4 tbsp. flour	1/4 tsp. salt

Melt butter, add flour and blend well. Add scalded milk and salt. Cook over hot water until smooth and thick.

Fresh Crabmeat and Mushrooms Au Gratin with Fish Sauce

1 lb. fresh crabmeat	1/4 cup flour
1/4 lb. mushrooms thinly sliced	salt, pepper,
1 medium onion chopped	paprika
1/4 cup chicken fat or butter	1 cup cream

Saute onion in chicken fat until golden brown, add salt, pepper and flour. Toss and cook and add cream, stir until the boiling point is reached then add the mushrooms which have been sauted in a little fat. Fold in the crabmeat.

Fill scallop shells or small oven dishes, cover with crumbs, and brown in oven.

Sauce

1 part mayonnaise
1 part hollandaise
1 part whipped cream tinted a light green.



Filet of Flounder with Oysters

1 lb. of flounder	1 tsp. salt
12 oysters	cracker crumbs
1/2 cup milk	2 tbsp. butter

Cut the fillets in 12 pieces. Sprinkle oysters with salt and wrap each in a piece of the fish, secure with tooth pick. Dip each in milk to which salt has been added, sprinkle with cracker crumbs and arrange in greased baking pan. Brush with butter and bake in a very hot oven 500° from 8 to 10 minutes. Serve with cucumber sauce:

1-1/2 cups cut up cucumber
1 tbsp. vinegar
1/8 tsp. pepper
1 tsp. onion chopped
1/4 cup pimentos

Eels, Extraordinaire (For gourmets only)

Cut eels into 1/2 inch slices, or rounds. Dip in cracker meal. Fry in vegetable fat until golden brown, like a scallop.

Make lemon sauce with cornstarch, 1 tbsp. water, and juice of 1/2 lemon. Grate some of the rind into sauce as well. Season with salt and pepper. Pour over fried eels. The sweet, tender eel meat blends delightfully with the tart sauce.

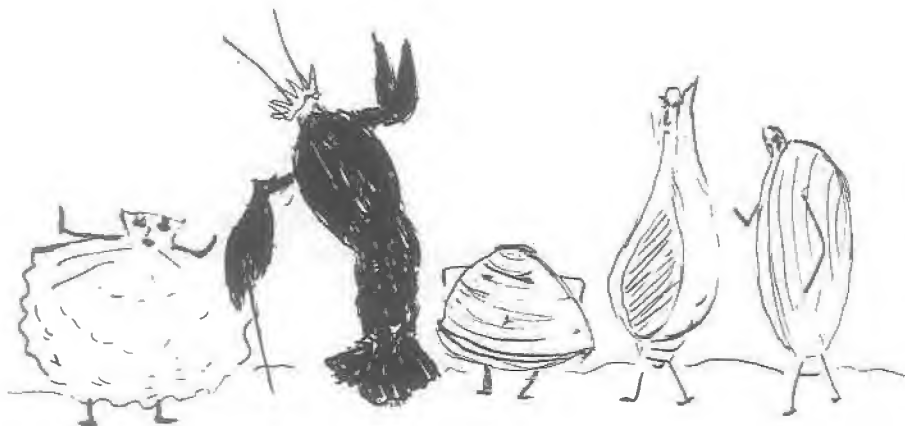
Scalloped Clams

Clean thoroughly 1 pint opened clams, keeping as much juice as possible, remove all black and chop very fine through meat chopper.

Butter a pie plate. Put in layer of cracker crumbs, then a layer of clams; add a little juice, much pepper and a little salt. Repeat, ending with crumbs. Dab with plenty of butter, add as much milk as crumbs will absorb and let stand at least 1/2 hour. Can be made and left in icebox overnight. Add a little more milk if necessary before baking in a very hot oven for 35 or 40 minutes.

To re-heat, add milk and put in very hot oven.

A memory of the Cupboard
Yarmouth Port



Pan-Broiled Oysters with Bacon

24 oysters
12 slices bacon
6 pieces of toast

Drain and dry oysters. Wrap each oyster in half a slice of bacon and fasten the ends with toothpick. Brown on all sides in a hot frying pan, reducing the heat as required so as not to burn the bacon. Arrange 4 oysters on each piece of toast, pour a little of the liquid over all and serve immediately.

Creamed Scallops

For 6 people wash and dry one quart of scallops. Make a very thick cream sauce, using 8 tbsp. of butter and 8 tbsp. of flour to two cups of rich milk.

When the scallops are added to the cream sauce in the top of a double boiler the sauce should seem far too stiff, but the liquid from the scallops dilutes it to the proper consistency. Cook for about twelve minutes. Do not cover the boiler. Season to taste. Serve with toast points.

Fish Casserole

Use flaked haddock, and add any or all other type of fish, or fresh flaked haddock alone.

- | | |
|---|-----------------------|
| 1 cup flaked haddock | 1 cup shrimp |
| 1 cup scallops | 1 cup lobster meat |
| 1 medium onion grated | 1 cup evaporated milk |
| 1 cup water in which the haddock was boiled | |
| 1 heaping tbsp. butter, salt, pepper | |
| 2 cups corn flakes | |

SAUCE: Make white sauce of fish water, evaporated milk, butter, seasoning. Flake fish, cut up lobster meat, add shrimp, and scallops. All the fish is cooked before it is added to the sauce. Put in baking dish, sprinkle with corn flakes which have been tossed in a little melted butter. Bake in 350° oven only long enough to heat through and make corn flakes crisp. A good Sunday night supper dish.

Fish Au Gratin

Cooked fresh fish or canned fish may be used.

- 2 cups flaked fish
- Make a cream sauce as follows:
- 2 tbsp. butter
- 2 tbsp. flour
- salt and pepper to taste
- 2 cups milk

Melt butter, blend in flour, add scalded milk and season. (If canned fish is used seasoning of the sauce may not be needed.)

Toss fish carefully in sauce, put into buttered casserole dish, cover with buttered bread crumbs, and dust with paprika. Bake in 450° oven until heated through and crumbs are browned.

For a varied flavor, 1 tbsp. anchovy paste may be added to the sauce, or 1/2 cup grated cheese may be mixed with the flaked fish.

If fresh fish is used and fresh fish bouillon is on hand, substitute for 1 cup milk, one cup strong fish bouillon.

Scalloped Oysters

- | | |
|----------------------|--------------------------------|
| 1 pt. oysters | 1/2 cup bread crumbs |
| 3 tbsp. cream | 1/2 cup melted butter |
| 3 tbsp. milk | pepper and salt |
| 1 cup cracker crumbs | 2 tbsp. sherry wine (optional) |

Toss cracker and bread crumbs in melted butter. Butter a casserole, cover bottom with a layer of the crumb mixture. Cover with oysters, sprinkle with salt and pepper, pour on 1/2 of milk and cream. Repeat for a second layer, using the oyster liquor as well as the oysters. Cover with crumbs, dust with paprika. Bake 25 to 30 minutes in 450° oven. Use two layers of oysters only. Serves 4.

How to Boil a Lobster

Put enough water (sea water if obtainable) in a large kettle to cover lobsters and add a handful of salt. Bring water to boil then place lobsters in. Boil lobsters for 15 or 20 minutes. If sea water is used salt is not needed.

Riverway Lobster House
South Yarmouth

Lobster Thermidor - No. 1

- | | |
|---------------------------|----------------------|
| 1-1/2 lbs. live lobster | 1 egg yolk |
| 1/4 lb. mushrooms | salt to taste |
| 1 oz. butter | pepper to taste |
| dash of sherry wine (dry) | 1 tsp. paprika |
| 1/2 cup of cream | 1 tsp. bread crumbs |
| 1 tsp. cornstarch | 1 tsp. grated cheese |

Boil lobster for 20 minutes. When cool, remove meat and dice. Save body and cut lobster back at the crown. Dice mushrooms, saute in butter or substitute, add lobster and sherry wine. Add cream, let it come to a boil, thicken with cornstarch, egg yolk, salt, pepper and paprika.

When cool, stuff lobster shell with above and sprinkle top with fine bread crumbs and grated cheese. Bake to golden brown. Serve immediately.

Riverway Lobster House
South Yarmouth

Lobster Thermidor - No. 2

Cook 3 lobsters, each weighing 2-1/2 lbs., in boiling salt water for 20 minutes, let them cool in the liquid.

When they are cool enough to handle, split them in half lengthwise, crack the claws and carefully remove the meat from the main shell, claws and tail, setting the shells aside to be used later.

Scrape the coral and the tomally from the shell, for use in making the sauce. Cut the meat from the lobster in cubes about 1/2 inch square. In a saucepan saute very slowly 1/4 lb. of fresh, peeled mushrooms, thinly sliced, in 1/4 lb. of butter. When the mushrooms begin to take color, add the cubed lobstermeat, 1/2 tsp. paprika and freshly ground pepper to taste. Cook the mixture gently for a minute or two, rocking the pan very often. Add 1 tbsp. dry sherry and 1/2 cup scalded cream. Let the mixture simmer very gently for 5 minutes.

Meanwhile beat 2 egg yolks in a bowl with the coral and the tomally from the lobster. Add 1 tbsp. sherry and beat again. Then, very slowly beat in 3/4 cup scalded cream, the heavier the better. Remove the saucepan containing the lobster-mushroom mixture from the fire and add to it the egg yolk-cream mixture, beating the latter continuously while adding it. Mix the whole well, fill the halved lobster shells and place them under the flame of the broiler until they are faintly browned. Serve right away.

Cummaquid Hotel
Yarmouth Port

Lobster Newburg - No. 1

2 cups cooked lobster meat	1/3 cup cream
1/4 cup butter	salt and pepper
1/2 tbsp. flour	2 egg yolks (slightly
2 tbsp. sherry wine	beaten)
	paprika

Cut cooked lobster meat in bite size pieces, toss in flour, saute in butter for about 3 minutes. Keep tossing in pan, or moving with spoon. Add wine, cook another minute, add cream, salt and few grains pepper. Add egg yolks, stir and cook just under the boiling point until thick. If allowed to bubble the newburg may break.

Serve on golden brown toast or in a casserole. Each serving to be dusted with paprika.

Lobster Newburg - No. 2

Cook in advance 3 lobsters, weighing 1-1/2 lbs. each, in boiling salted water for 20 minutes. Remove the meat from the shells and cut it into 1/2 inch cubes.

Melt 4 tbsp. butter in the blazer of a chafing dish. Add the lobster meat and saute it over a direct flame until the outside of the meat becomes bright red. Sprinkle with 1/2 tsp. paprika, add 1/2 cup sherry and cook until the wine is almost completely reduced. Place the pan over the hot water pan, add 1 cup cream which has been blended with 3 well-beaten egg yolks and stir gently until the sauce is thickened. Add 1 tbsp. brandy. Serve on freshly made toast.

Cummaquid Hotel
Yarmouth Port

Oven Broiled Fish

Haddock, Cod, Halibut, Salmon or Mackerel

Fillet the fish, that is, cut off head, tail, fins. Clean the fish and split down the length of the fish on either side of the back bone. Rinse under cold water and dry on absorbent paper.

Sprinkle fish with salt and pepper and cover both sides with vegetable oil. Place, flesh side up, on well-greased shallow pan. Sprinkle top side of fish with sifted bread crumbs or cracker meal, dust with paprika. (Put about 2 tbsp. water in pan - this will be absorbed by the heat but will prevent the oil in the pan from burning.) Place pan about two inches from the heating unit and cook for about 15 minutes or until the fish flakes when tested with a fork. The time will depend on the thickness of the fish. Thin fillets will need broiling on only one side. Thick fillets should be turned carefully with broad lifters when one side is done, and cooked until the skin-side is brown and crisp.

Garnish with lemon and parsley. Melted butter may be poured over the fish when ready to serve.

If oven has no broiling unit this procedure may be used for oven baking. In that case the fish will not need to be turned.

Marseille Bouillabaisse

Clean 1 lb. red snapper, 1 lb. perch, 1 lb. tail-end of cod, 1-1/2 lbs. either striped or sea bass and 2-1/2 lbs. of Spanish mackerel. Add to this, 2 lobsters each weighing about 1-1/2 to 1-3/4 lbs. and 1 lb. eel. Cut all into slices about 1 inch thick, cutting shell and all of the lobster (except the head and the "lady" a sac which is just behind the head and is not edible. Also split the tail and remove the intestinal vein).

Into a large kettle put 3 large leeks, 2 medium sized onions and 1 large carrot, all peeled and chopped. Add 1 pound fresh tomatoes, peeled, seeded and chopped; 2 to 3 cloves of garlic, crushed, 1 tbsp. chopped parsley and the following seasonings; 1 tsp. saffron, 1 bayleaf, a little thyme, a pinch of fresh fennel tips (if available) and the dried rind of 1/2 orange. Add 1 tbsp. salt and a little pepper to taste. Spread the cut up lobster on top of the vegetables and then add all the fish except the perch and cod. Pour over 1/2 cup olive oil and 1 cup dry white wine and enough water to cover the mixture well. Bring to the boil as quickly as possible and let it boil hard for 8 minutes. Add the perch, codfish and 1 pt. of clams and juice and cook 8 minutes more. Serve in large soup-bowl with French bread. Serves 10 people.

Cummaquid Hotel
Yarmouth Port



For your own kitchen secrets

Cape Cod Broiled Scallops

Butter generously a shirred egg dish or shallow Casserole - one to each person. Cover bottom with one layer of Cape Cod Bay scallops. Cover scallops with bread crumbs or cracker crumbs. Season with salt, pepper and a little paprika, then dot with butter. Broil slowly until scallops begin to be firm - do not overcook.

From The Cape Cod Inn

Hyannis

Mrs. Jacobs, the proprietor of this Inn, keeps a supply of Cape Cod Kitchen Secrets on hand, and gives one to each bride and groom who stay there.



For your own kitchen secrets

Baked Scallops

Use bay scallops whole, or deep sea scallops cut in 3 pieces. Allow 15 to 18 scallops for each serving. Beat an egg slightly and pour over scallops, turning them so egg makes a thin skin over all. Add fine cracker crumbs and toss again. Bake lightly in individual buttered baking dishes. Season with salt and pepper and a light shake of paprika. Pour a few drops of melted butter over the top. Bake at 400° for 10 to 15 minutes and serve immediately. Tartar sauce or your favorite sharp preserve goes well with this -

Southeastern June





How to Put on a Cape Cod Clam Bake

Make a round bed of stones on the ground, field or beach rock or any type of stones available, the best size about as large as cabbage. Cover an area about a yard in diameter, and crown about a foot high. Stack firewood on top, and keep feeding the fire steadily as it burns for at least 4 hours.

Rake away all charred wood and embers, leaving just the heated stones. Then cover with a heavy layer (6 or 8 inches) of rock weed or sea weed.

Meanwhile prepare the food to be cooked:

Lobsters: Take a large square of cheese cloth and lay 3 or 4 side by side. Tie and knot the 4 corners together. This makes it easy to remove bundle later from hot sea weed.

Corn: Corn should be stripped to the last two layers of husk. 3 or 4 ears to a bundle, the same as the lobsters.

Broilers, fish, etc., are also used: Tie them all in the same way, and cut to lay flat. If clams, oysters or mussels are also to be baked, wash well in sea water to remove all sand or mud and do not tie them.

Arrangement: Leave space in center, and use circular arrangement for placing food, for attractive bake. Start inner circle with alternate bundles of corn and lobster, side by side. The same circle arrangement of other foods. And last, on the outer edges (where heat is less intense) place the shell fish, clams, oysters or mussels, etc.



Now cover all with a 4 or 6 inch layer of seaweed. Next cover entire pile with a piece of canvas large enough to extend over the ground and be fastened down tightly by placing rocks around the edges. This is important to prevent any steam from escaping. Time of bake: Allow full 45 minutes.

Then remove the canvas, and top layer of seaweed. The bake is very colorful and picturesque if foods have been artfully placed, the rich pinky red lobster being set off by the alternate bundles of light green corn in husks, etc., and the fringe of white clams about the outer edge, all combine to charm the eye and admiration of waiting guests. The luscious fragrance that wafts through the air as the bake is 'undone' is certain to linger long in the memory of all sea food gourmets.

Clams can be raked off the edges into small wooden bowls or cardboard pie plates. Keep a can of melted



butter near the hot rocks, and small cardboard cups for individual helpings of butter. Several tin salt shakers should also be provided.

Note: In buying broilers and lobsters, all should be of uniform size for uniform baking, a pound or 1-1/2 lbs., not larger.

Salt Box Clam Bake

Quahog chowder, served with golden pork scraps and toasted, buttered common crackers.

Clams, lobster, corn, etc., hot rolls.

Blueberry or apple pie with vanilla ice cream.

Coffee. Cokes for the young fry and iced beer for the grown-ups.



CAPE COD

GAME



For the thirty days of the season, in the fall, duck hunters anxiously watch the skies for signs of a north-east storm. Then the migrating ducks are driven ashore for shelter and, alas! for them, into the sights of waiting guns. For hours on end the hunters sit in their blinds or camouflaged boats and, like fishermen, apparently are immune to permanent discouragement by any run of bad luck or of too good weather.

Traditionally, ducks are allowed to hang until well "ripened", then plucked, cleaned and baked in a very hot oven for twelve to twenty minutes, depending on your taste. Nowadays, we understand, the preference is veering toward birds cooked a little longer, so that they are medium, toward well, done. It is all a matter of taste, and of getting your duck!

The Canada goose, too, offers a tempting target as he flies southward, though some hunters refuse to shoot these birds because they are monogamous, and their lonely honk when their mate is missing haunts the sensitive sportsman. However, if you come into possession of one, you might as well eat it, so stuff the cavity well with peeled apples whose steam will help to make tender a bird which is apt to be tough.

One sportsman told us that all ducks and geese should be stewed until tender, but there are various schools of thought.

Wild rabbits, of which there are far too many on the Cape for those who raise gardens, are delicious when shot in cold weather and stewed. A more epicurean dish is made by browning the pieces, and cooking them for a long time in a casserole with red wine and water, seasoned well with salt and peppercorns, and the gravy thickened slightly before serving.

Pheasant

The Cape Cod Rod and Gun Club raises baby pheasants so that when the season opens the woods are stocked with game.

Pluck the bird and be careful not to tear the skin. Draw, wipe but do not wash. Truss like any other fowl. Rub the outside with olive oil or fasten strips of salt pork to the breast and thighs. Place in a hot oven 400°, baste every five minutes until nicely browned and the bones in the legs move easily. Par-boil the liver, chop and add salt pepper and butter and spread on toast points to be used as a garnish.

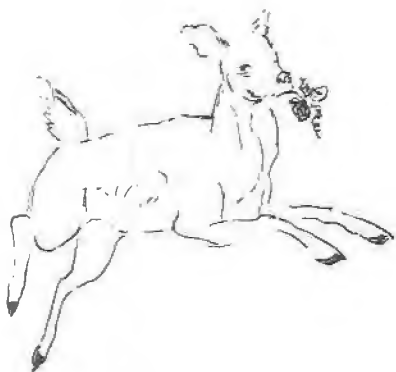
Fillets of Pheasant

If the birds are badly shot to pieces or much disfigured serve them filleted. Sprinkle fillets with salt, pepper, lemon juice, and chopped parsley, dip in egg and bread crumbs and fry in deep fat to a golden brown (about 6 minutes). Drain on brown paper and arrange around a mound of vegetables in the center of a hot dish. Serve with mushroom sauce.

Venison

Those who think of Cape Cod as it looks on the map - a spit of sand and a few sparse trees - may be surprised to know that many a Cape Codder driving through back woods, has had the enchanting experience of seeing a doe, with her fawn, stop suddenly at the edge of the road, stare motionless for a second at the car, and then whirl away into the woods. Some-





times vegetable gardens, far from the road, suffer from their visitations. For one week in the fall practically all the male population of the Cape don bright red caps, shoulder their shot guns and take to the woods. The rest of us keep to the main highways and turn our eyes away when a car comes

down the road with a beautiful deer tied to the fender. During the war they became so plentiful in the absence of hunters that two were hit out of season by automobiles and were offered to the hospital by the game warden. A freezing plant generously contributed locker space, a surgeon who is also a sportsman, volunteered his services, and the meat shortage at the hospital was less acute!

Venison Roast

Trim the haunch, salt and pepper and dredge with flour. Place in a roasting pan in a hot oven 400°. Baste every 15 minutes. A cup of claret in the pan with dripping adds fine flavor.

1-1/4 hour will cook it very rare, 2 hours is about right for most people, but one must be careful not to cook it too long. Serve with gravy and beach plum jelly.

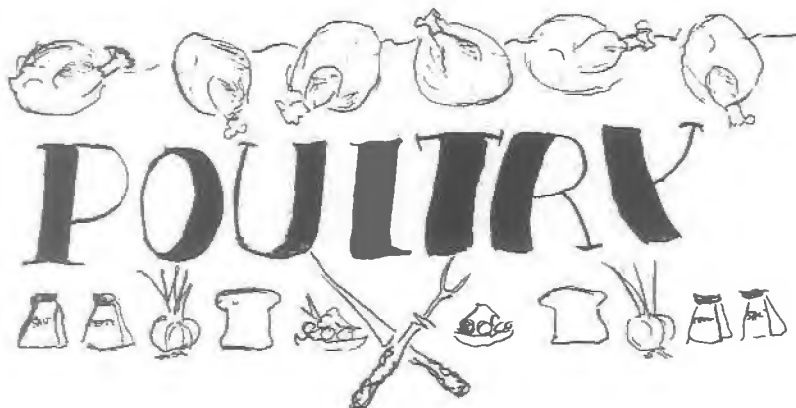
Venison Steaks

Venison steaks are prepared and served like beef steaks cutting them only about 3/4 inch thick instead of 1-1/2 inches thick. Be sure not to cook it too much.

Venison Collops

Cut venison steaks in 2 inch pieces season with salt and pepper. Brown in 2 tbsp. butter as quickly as possible add 2 tbsp. port wine and 2 tbsp. currant jelly and let simmer until pink inside when cut.





Cape Cod Duck

Fill with dressing, rub with fat, sprinkle with flour and salt and bake in 350° oven until tender.

Apple-Onion Stuffing

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|---------------------------|---------------|
| 2 slices bacon diced | 1/2 tsp. sage |
| 1-1/2 cups chopped onion | 3/4 tsp. salt |
| 2 cups sliced apples | pepper |
| 4 cups dried bread crumbs | |

Fry bacon, cook onions in fat until soft, add apples, heat through. Add remaining ingredients, moisten with hot water.

Orange Sauce

- | | |
|-----------------------|----------------------|
| 1 tbsp. butter | 1 tbsp. corn syrup |
| 1 tbsp. flour | 1/2 cup orange juice |
| 1/4 cup water | 1 tbsp. lemon juice |
| 1/2 tbsp. grated rind | |

Melt butter, add flour, blend, add remaining ingredients. Cook until thick.

Pressure Cooked Chicken

1 chicken, about 2-1/4 lbs. cut in 4 parts. Brown in butter with a little oil.

Bring to a froth, 1 tbsp. butter and 2 of oil, in the cooker, add chopped onion and cook until golden. Lay in chicken and about ten thin slices of mushrooms. Simmer 1 minute, add 1/4 cup white wine, close and cook ten minutes after the pressure is up.

Baked Young Chicken Yarmouth Style (4 portions)

- 2 chickens (broilers up to 2-1/2 lbs.)
salt, pepper, paprika
flour for dusting
- 1 cup vegetable oil
- 1 medium onion finely chopped
stock made from giblets, backbone and neck reduced
to 1 cup.

Clean and cut broilers in halves, wash and dry on absorbent paper. Sprinkle inside and out with salt, dust generously with flour. Dip in oil. Place in baking pan allowing oil to drip into pan. Spread onion over the chicken, sprinkle lightly with pepper and additional salt, then rather generously with paprika. Put about 1/4 cup water in pan. Place pan in oven 450°. After about 10 minutes baste with stock that has been made from giblets, etc. Reduce heat to 375° and bake for about 25 minutes longer, the time depending on the weight of the chicken. The chicken when done should be a fine golden brown color, plump and soft, and the bones of the legs should move freely.

Chicken in Batter

- 1 4-5 lbs. fowl cut in pieces
- 1 egg
- 1-1/2 cup flour
- 1-1/4 cup milk
- salt and pepper

Blend flour, salt, pepper, egg and milk to make a batter. Dip pieces of chicken which have been previously stewed, into batter and fry in deep fat or in 1 inch of fat in skillet.

To Stew Chicken

Cut up, cover with boiling water to which has been added one raw carrot, 2 cloves, few celery leaves, salt and pepper, cook until tender.

Broiled Spring Chicken with Pineapple Rings

Prepare chickens for broiling, rinse under cold water, dry on absorbent paper. Rub over with softened butter seasoned with salt, pepper, paprika.

Place on well-greased broiler. 25 to 30 minutes are generally required for broiling. Watch carefully

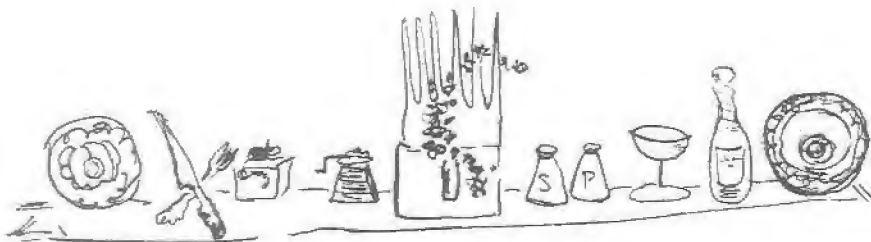
and turn often so that all parts of the broiler will be browned. The skin side should be exposed the longer to the flame or the heating unit. The drum stick will move easily when the bird is done.

Place on the platter, pouring melted butter over the skin side. Garnish with pineapple rings as follows: Cut thick round slices of canned pineapple in halves, dip and cover with flour and saute in butter in pan until a rich brown. When done on one side turn and saute until the other side is the same color.

Chicken a la Creole

- | | |
|-----------------------------------|------------------------------------|
| 1 frying chicken | 3 sweet green peppers |
| 1 tbsp. butter | 1 clove garlic |
| 1 tbsp. flour | 2 medium onions |
| 3 large tomatoes(or 1/4 can) | sprig each of thyme
and parsley |
| 1/2 pt. consomme or boiling water | |

Brown seasoned chicken in melted butter, add onions sliced and let brown. Add flour and let brown; add tomatoes, simmer gently; add parsley, thyme and bayleaf finely minced and let brown without burning, smothering over low fire. Add finely sliced green pepper (first removing seeds) stir well, smother steadily for at least 20 minutes. Keep well covered, stirring occasionally. Add consomme or boiling water. Cook very, very slowly over a steady fire for a full half hour. Season to taste. Cook 10 minutes more and serve with rice.



Smothered Chicken in Sour Cream Sauce

salt and pepper

1 cup sour cream

flour for dredging

Melt butter in heavy kettle or Dutch oven. Sprinkle broilers with salt and pepper and sparingly with flour. Brown on all sides. Cover, closely, lower heat and cook until tender (about 35 minutes). Remove broilers, add cream to drippings in pan, whisk, put broilers back into the pan and spoon sauce over them. Heat and serve, masking the broilers with the sauce.

Chicken Supreme

1 cup cut-up cooked chicken

1/3 cup bread crumbs added to

2/3 cup milk heated with

1 tbsp. butter

Add 2 eggs beaten and bake in buttered mold.

Sauce

Melt 3 tbsp. butter and thicken with 3 tbsp. flour. Add 1 cup milk and stir well, add seasoning. Then add 1 cup hot chicken soup. Stir into beaten egg yolk and cook only 1 minute. Pour over chicken.

Chicken or Veal Marengo

Cut chicken or veal in pieces; brown in 4 tbsp. of olive oil and a little butter. Chop 2 onions and a little parsley. After browning the meat, add 1 tbsp. flour and when it is golden add the onion, stirring constantly. Add 1 glass of white wine or madeira and a little consomme, 4 or 5 tbsp. of tomato juice. Bake in a covered casserole 2 or 3 hours. 1 hour before removing from the fire peeled and broken mushrooms may be added.

(2-3/4 lbs. veal cutlet serves 8)



For your own kitchen secrets

Curries

Curry Sauce

1 small onion
1 small apple
1 piece outside celery
1 clove garlic
1/8 lb. butter
1/4 cup flour

2 tbs. curry powder
1 ripe tomato
2 tbs. shredded coconut
1 pt. chicken stock
(cubes will do)
1 bay leaf
2 tbs. chutney

Chop onion, apple, celery & garlic. Simmer in butter about 5 mts. Add flour & curry powder, stir well & simmer for another 5 mts. Add tomato, coconut, bay leaf, chutney & stock. Cook for 45 mts. over slow heat & strain. Season with salt if necessary. Vary the amount of curry according to your taste. This delicious sauce can be used for a variety of fish or meat.

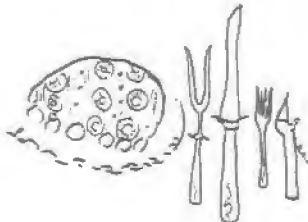
For curry of shrimp -

4 oz. butter
1/2 lb. raw jumbo shrimp,
split & cleaned
1/2 cup pastry cream

2 tbs. chutney
2 cups rice
4 dates, sliced
2 tbs. shredded
coconut, toasted

Heat butter in heavy skillet. Add shrimp & sauté for 2 mts. Add curry sauce & chutney. Cook 6 mts. over slow heat, add pastry cream.

Reheat but do not boil. Serve with fluffy rice to which dates have been added & top with toasted coconut.



From the Old Yarmouth Inn
Yarmouth Port

For your own kitchen secrets

Casserole of Sea scallops.

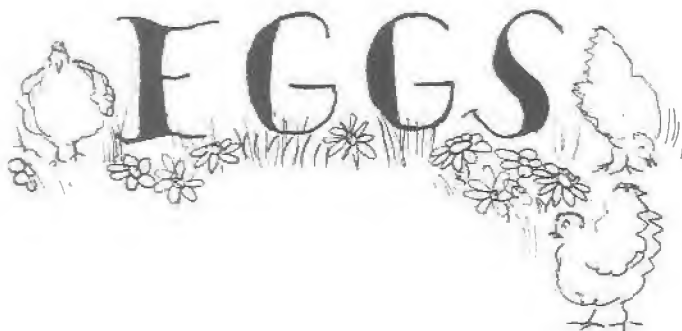
- 1 pint sea scallops, cut in half
- 1 pint soured cream

Seasonings

Sauté 2 tbsp. minced onions in 3 tbsp. butter for 5 mts. add scallops. 1 tsp. dried celery flakes, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. pepper, dash each of basil and paprika. Sauté this for 5 mts., add 4 tbsp. sour cream, and cook for 5 mts more. Transfer to a buttered baking dish and add remainder of sour cream. Top with buttered crumbs and cook at 325° for half an hour — Adjust seasoning if desired.

To sharpen scissors
Slide a sheet of
sandpaper several
times —





Eggs Chimay

6 eggs	1/4 cup milk
1/2 lb. mushrooms	1/4 cup hot water with
1 tbsp. butter	1/4 tsp. bovril (B.V)
1 tbsp. flour	cream sauce

Boil eggs ten minutes; cut in halves, lengthwise. Put yolks through seive. Chop mushrooms fine and saute in butter until all water is gone. Sprinkle with flour, add milk and stock and cook 2 minutes. Mix with yolks and fill egg whites. Place in baking dish, cover with cream sauce to which has been added 1/4 cup sherry and grated cheese. Sprinkle with:

- 1st. grated cheese
- 2nd. breadcrumbs
- 3rd. melted butter

Brown in oven.

Eggs Blackstone

- 3 slices bacon
- 6 slices tomato 1/2 inch thick
- 6 eggs
- 1 cup Hollandaise sauce

Saute bacon then mince. Reserve the drippings. Season tomato slices with salt and pepper. Dip the slices in flour. Saute them in the bacon grease. Sprinkle them with the minced bacon. Cover each slice with a poached egg. Pour the Hollandaise sauce over the eggs and serve at once.

Plain French Omelet

4 eggs
4 tbsp. milk
1-1/2 tbsp. butter or bacon fat

1/2 tsp. salt
1/8 tsp. pepper

Beat eggs slightly, enough to blend the yolks and whites well. Add the milk and seasoning. Put butter or bacon fat in hot skillet or heavy frying pan, when melted, turn in the egg mixture. Cook over low-to-medium heat. Lift the edges with a spatula or pancake turner and tilt the skillet to permit the uncooked egg mixture to run to the bottom. When it is all of an even and creamy consistency, increase the heat to brown the bottom slightly. Fold over the omelet and serve.

For variety, spread with one of the following fillings or sauces before folding. If sauce is used, pour around omelet on platter.

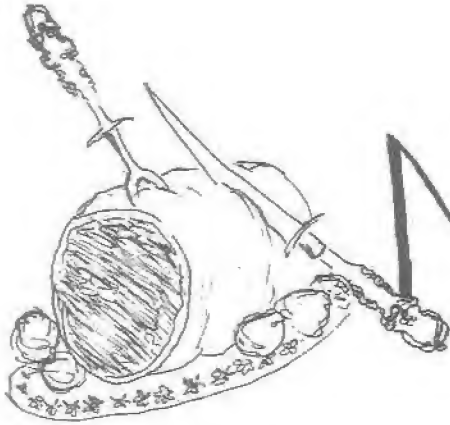
Cheese - 1/2 cup grated cheddar.
Chicken - cooked and chopped or creamed.
Asparagus - tender tips, cooked and reheated.
Mushroom - creamed or sauteed.
Tomato - 1/2 cup heated pulp or slightly sauteed fresh tomato wedges.
Bacon - diced and sauteed.
Ham - cooked and chopped.
Parsley - finely chopped leaves.
Chive - finely chopped.

Crabmeat, Shrimp or Lobster: - creamed or reheated a few minutes in butter.

Sauces: Cheese, Mushroom or Spanish.

Slice one large onion and saute in 1 tbsp. of butter until soft. Add stewed tomatoes and cook 5 minutes. Add fresh cooked green peas, fold 1/3 in the omelet and the remainder around it. It makes 1-1/2 cups Spanish sauce.





MEAT

Norwegian Meat Balls

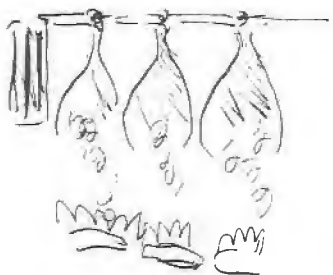
- | | |
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| 1 lb. bottom of round beef, | 1 egg |
| ground twice with | 3 slices of bread |
| 1 small pork chop | 1 small can mushrooms |
| 1 grated onion | 1/2 cup milk |
- seasoning to taste

Soak bread in milk and squeeze dry. Add bread, onion and egg, salt and pepper to the meat. Squeeze and knead until thoroughly blended.

If too dry add a little of left over milk. Roll small meat balls between palms of hands, size of a large walnut. Fry in bacon fat or vegetable fat until brown and cooked through. Remove from pan, add about a cup of water to fat drippings. Mix 2 heaping tbsp. flour with cold water, stir and add to pan, gently stirring and bring to a boil to make gravy. Add the small can of sliced mushrooms and liquid. Season with salt and pepper to taste. Then add meatballs. Simmer slowly 15 minutes. Delicious served with potato salad.

Veal Birds

Order veal 1/4 inch thick and pound it until paper thin. Cut in pieces 2 by 3 inches. Spread with dressing, roll and secure with toothpick.



Brown in bacon or salt pork fat. Place in pan or casserole, cover with milk thickened with 1 tbsp. flour, bake in very slow oven 3 or 4 hours. Remove from pan and serve with mushroom sauce.

Dressing

1-1/2 cups old bread or cracker crumbs; 3 tbsp. chopped bacon or crisp salt pork, salt and pepper, a little onion. Moisten with milk to make a paste.

Timbales

- 1 cup cut up meat (lamb, chicken left over, etc.)
- 1 cup celery cut very fine
- 2 tbsp. soft bread crumbs
- 1/2 cup stock (gravy, whitesauce, consomme)
- 3 beaten eggs.

Mix, put in ring mould or custard cups and bake in 350° oven in pan of hot water and serve with mushroom sauce or tomato sauce.

Beef Casserole With Red Wine

Brown in fat in the frying pan, 2 lbs. bottom of round cut in large cubes, and when browned remove to earthenware casserole with cover. Mince a good sized onion, and a clove of garlic and cook in same pan, adding more fat if needed. Be careful that they cook only until soft and yellow, then add to the casserole. Rinse the pan with hot water and add to meat. Season well with salt, peppercorns, and cover meat with one part of California burgundy to two parts of water. This can be left in the refrigerator overnight if desired. Cook at 250° for about 3 hours, or until the meat is tender. Sliced mushrooms may be added an hour before serving. If necessary during cooking, add more liquid in the same proportions. When done, thicken liquor slightly according

to taste with flour mixed with cold water. A dozen small stuffed olives may be added at the last minute. Serve French bread with this.

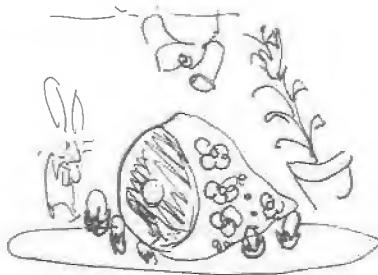
Lamb Kidneys

Soak for an hour or two in cold water. (6 will serve 2 people). Skin and cut in half, cut out muscle, quarter and saute in butter until redness is gone, about 8 minutes, then add cream (or top of bottle). Sift flour into it to thicken (1 tbsp. to a cup of milk or cream), add hard boiled egg grated fine, and season to taste with salt and pepper. Leave in double boiler until ready to serve. Add 1/4 cup sherry and serve on toast points.

Beefsteak and Kidney Pie

1-1/2 lbs. round steak	1-1/3 cup boiling water
3 lamb kidneys	2 slices onion
2 tbsp. butter	1-1/2 tbsp. Worcestershire
2 tbsp. flour	1/2 tsp. salt, 1/8 tsp. pepper

Cut beef in cubes. Soak kidneys and skin them; cut in cubes. Fry onion in a little fat, add part of the butter, steak and kidney, turn until well browned. Place all in stewing pan add water and fat from frying pan and seasoning. Pour over meat, cover tightly and simmer until tender. When cooked strain off the liquid, add it to the remaining butter combined with flour to make a gravy. Put meat in baking dish, pour over gravy and cover with rich pie crust, pressing edges firmly and making slit to let steam escape. Bake in 450° oven for 20 minutes.



Sailors' Beef (Swedish)

- | | |
|---------------------------|----------------------|
| 1 lb. beef chuck or round | 2 - 3 onions, sliced |
| 4 medium-sized potatoes | 1/2 cup water |
| 2 tbsp. butter | white pepper |
| 1 tbsp. salt | 2 sprigs parsley |

Wipe meat with cloth, cut in 1/2 inch thick slices and pound. Peel potatoes and cut in thick slices. Saute onions, then brown meat in butter in frying pan. Place alternate layers of potatoes, meat and onions, each layer sprinkled with salt and pepper, in casserole, finishing with potatoes. Pour a little boiling water into the frying pan, stir and add liquid to casserole. Barely cover with water and simmer covered 1 to 1-1/2 hours or until meat is tender. Sprinkle with chopped parsley and serve directly from casserole.

Swedish Veal Paprika

- 2 lbs. breast of veal. Cut fine
- 2 large onions and fry in
- 2 tbsp of fat.

Cut veal into inch cubes and add to onion. Cover and steam for a few moments. Sprinkle with salt and pepper and add 1 tsp. paprika. Add enough water to cover meat. Cover and cook slowly for 1-1/2 hours. Add more water as needed. Just before serving, make a gravy by thickening the stock with 1 tbsp. flour mixed with 1 tbsp. cold water. Then add 1/2 cup sour cream and cook for a few minutes.

Roast Lamb Flank For 6

- | | |
|-----------------|------------------------|
| 2 lamb flanks | 6 large onions, peeled |
| salt and pepper | |

Cut flanks in long strips, about 1-1/2 inches wide. Wash in cold water. Put meat in roasting pan, season heavily with salt and pepper, then slice onions over the meat and stir to mix onions and lamb thoroughly. Roast in 350° oven uncovered until each piece of meat has browned well. You will have to turn meat over occasion-

ally. When brown cover tightly and continue to roast until meat comes away from the bones easily. The approximate cooking time from start to finish will be 3-1/2 hours.

If you wish to serve pan roasted potatoes with this meat, an hour before meat will be done pour off some of the fat that will have accumulated into a shallow pan. Place peeled potatoes in this and turn over in the fat so that each potato is covered with a thin coat.

Aunt Tempy's Tea House

Baked Ham in Sour Cream

- 1 slice ham - 1 inch thick
- 1 tsp. dry mustard
- 1 cup sour cream

Soak ham in lukewarm water about 1 hour. Drain, sprinkle with mustard - arrange in baking dish, cover with sour cream. Bake in moderate oven 350 to 375° until tender. If ham has been precooked soaking will not be necessary.

Philadelphia Ham

- 1 thick slice of ham
- 1 qt. sliced potatoes
- 1/2 cup brown sugar
- 3/4 qts. milk

Spread ham with prepared mustard cover with raw potatoes, sprinkle with brown sugar, cover with milk and bake 1-1/2 hours in casserole.

Chicken and Ham Casserole

Thin slices of ham (depending on number to be served)
Cold roast (or boiled) chicken.

Place a good sized piece of chicken on each slice of ham and roll, fastening with wooden toothpicks. Place in a casserole, season with salt and pepper, and pour cream over them; bake at 350° for 1/2 hour. (This can be made with left over pieces of chicken, or turkey, as several can be used in one slice of ham, though the de luxe way is to have the chicken in one whole piece.)

SAUCES

Sauce for Sliced Baked Ham

Saute 1/2 lb. mushrooms with small chopped onion in 1 tbsp. butter; add small can tomatoes, a chopped green pepper, a few stalks celery cut fine, a few sliced almonds and 1/2 cup of raisins.

Mustard Sauce for Ham

Use double boiler	1/4 cup vinegar
2 tbsp. dry mustard	2 egg yolks
1/2 cup sugar	1/2 pt. cream

Mix dry ingredients, mix egg with cream. Put in double boiler and add vinegar slowly while boiling. Cook until thick.

Sour Cream Sauce for Fish

1/2 cup chopped mushrooms	1/2 tsp. salt
1 tbsp. grated onion	1 cup sour cream
2 tbsp. butter	dash paprika
2 tbsp. flour	

Cook mushrooms and onion in butter, add flour and salt and mix, add sour cream gradually, cook until thick.

Hollandaise Rhua

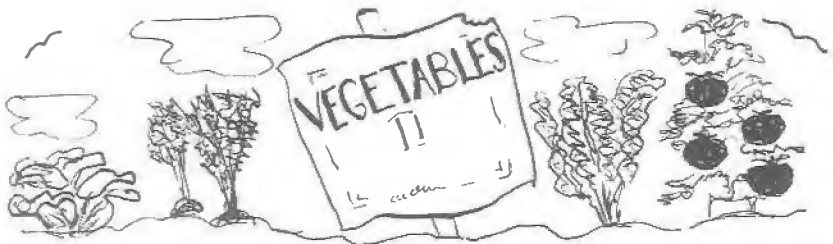
Break 2 egg yolks in top of double boiler; stir in dash of salt and place over gently boiling water. Stir constantly. Add juice of half lemon, 1/4 cup light cream (or top of milk) gradually, stirring until it thickens. Remove from hot water and add, in small pieces, 2 tbsp. butter stirring after each addition.

Cucumber Sauce for Fish

1/2 mayonnaise, 1/2 sour cream, chopped cucumber; season to taste.

Horseradish Sauce

Whipped cream. Add grated dry horseradish to taste. If used with fish soured cream is particularly good.



Carrots Glazed in Honey

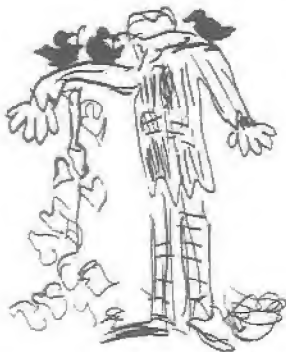
Boil whole small carrots until tender but firm, in small amount of water. To every six carrots allow 3 tbsp. butter and $\frac{1}{3}$ cup honey. Add butter and honey to cooked dry carrots and simmer slowly until carrots are glazed and brown. Turn once or twice. Allow 2 or 3 per person.

Baked Tomatoes

Cut medium-sized tomatoes in half. Cover with chopped onions, green pepper, salt and pepper, paprika and a little brown sugar, topping each with a good lump of butter. Bake in a moderate oven about 20 minutes.

Chantilly Potatoes

Pile into a baking dish, well-seasoned mashed potatoes. Beat until stiff $\frac{1}{2}$ cup cream and add $\frac{1}{2}$ cup grated cheese, salt and pepper to taste. Spread over the potatoes and set in a very hot oven until the cheese is melted and top is delicately browned. Serve at once.



Braised Endive

Simmer endive without separating in beef or chicken broth, with seasoning, until tender.

Scalloped Eggplant

Cut off an inch slice from side of eggplant. Scoop out center and cut into dice. Save shell. Cook pulp five minutes in boiling water salted. Drain. Cook together until lightly browned, 2 tbsp each, chopped onion and shortening, add 2 tbsp. flour.

1 tsp. salt

1/8 tsp. pepper

Stir in 1 cup milk, cook, stirring constantly, until smooth and thickened. Add cooked pulp and 4 tsp. chopped parsley. Pour mixture into shell. Top with 1/4 cup of bread crumbs mixed with 1 tbsp. melted butter. Set in pan containing 1/2 inch hot water and bake for 30 minutes in moderate oven (350°) or until crumbs are brown.

Rice with Eggplant (Casserole)

1 cup rice

1 tsp. salt

1 onion

1 pt. tomato juice

1 qt. boiling water

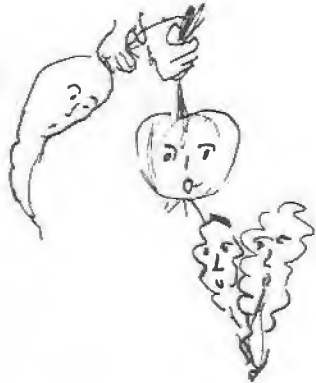
1 large eggplant

6 tbsp. butter

1/4 cup grated cheese

1/2 cup buttered bread crumbs

Wash rice, boil, drain. Fry sliced onion in 2 tbsp. butter. Cut eggplant in 1/2 inch slices, sprinkle with salt, let stand 10 minutes. Drain. Remove onion from pan, fry eggplant in same pan with 4 tbsp. butter. Combine all in buttered oven dish. Salt to taste, add tomato juice, cover with grated cheese and buttered crumbs. Place in 350° oven, 15 to 20 minutes until brown.



Spanish Saffron Rice

2 tbsp. olive oil in top of double boiler

Place over slow fire and gently fry out

1 minced onion and 1/2 a bisected garlic clove.

When tender, discard garlic and add

1 cup of rice (not washed)

1/4 tsp. saffron

1/2 tsp. salt

Stir well and add just enough beef or chicken bouillon to cover. Place in double boiler and cook uncovered until tender, adding broth as needed. Stir gently occasionally. When tender turn into shallow pan and dry in a warm (not hot) oven. Rice should be quite dry. Chopped green pepper and pimento may be added for variation and color.

Curried Rice

Wash and drain:

1/2 cup rice

Pour over it

2 cups hot water.

Place the rice where it will remain hot, but will not cook, for 45 minutes.

Then add 1/2 cup tomatoes

3/4 tsp. salt

1/4 cup finely sliced onions

1/4 cup finely sliced green peppers

2 tbsp. melted butter

3/4 tsp. curry powder

Place these ingredients in a baking dish in a moderate oven 350° for 1-1/2 hours or until done. Stir from time to time; most of the moisture will be absorbed but remove the rice while it is still moist. May be cooked in double boiler on top of stove.

Corn Pudding

1 can yellow bantam corn

2 eggs

salt, pepper

2 cups milk

Mix, put in casserole and bake in pan of hot water 1/2 hour, at 300°

Macaroni Mold

1-1/2 cups cooked macaroni	2 cups scalded milk
2 cups grated cheese	6 well-beaten eggs
2 cups soft bread crumbs	4 chopped pimentoes
2/3 cup melted butter	

Bake in ring mold, set in pan of hot water. Serve with mushroom sauce.

Onions in Casserole

10 or 12 small onions	1/2 tbsp. butter
salt and pepper to taste	1/2 cup water

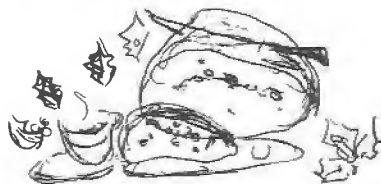
Bake in oven 1 hour, shake occasionally. Take out when cooked, pour off a little liquid, thicken with 1 tbsp. flour, 1/2 tbsp. butter and put back in oven 10 minutes.

Before serving shake bread crumbs over them and 2 drops of kitchen bouquet. Brown lightly under broiler.

Baked Macaroni With Cheese and Ham

1/2 lb. macaroni	2 cups sharp cheddar
4 tbsp. butter	cheese, grated
4 tbsp. flour	1/2 cup cooked ham, chopped
2-1/2 cups milk, scalded	1/2 cup buttered bread
1/4 tsp. salt	crumbs or cornflakes
pepper, few grains	1 tsp. paprika

Cook and drain macaroni in usual way. Make cheese sauce as follows: Melt butter, add flour, blend, add scalded milk, salt, pepper and grated cheese. Butter a casserole dish, arrange macaroni and ham in layers, pouring cheese sauce between each layer and finishing with a layer of sauce. Sprinkle with crumbs and paprika. Bake until brown in 425° oven.



Chicken crêpes Suzettes

pancakes - beat 2 eggs into 2 c. milk -

beat in 1 tsp. salt & 1 c. flour - add
2 tbsp. melted butter. Fry 6-in. pancakes,
paper thin, on lightly buttered pan. Cool.

chicken - simmer a 3-lb. chicken until tender,
in salted water with 2 small onions and
3 stalks of celery. Mince chicken meat.

filling - melt 4 tbsp. butter, blend in
4 tbsp. flour, add gradually $1\frac{1}{2}$ c. strained
chicken stock, salt & pepper to taste.
Add chicken, minced, and 2 tbsp. finely
chopped mushrooms. Cook, stirring, to a
creamy paste, then spread 1 or 2 tbsp.
on each pancake. Roll up & place
in baking dish. Bake until hot.

Sauce - melt 4 tbsp. butter - blend in
3 tbsp. flour: gradually add 1 c. chicken
stock & $\frac{1}{2}$ c. cream, salt & white
pepper, 2 tsp. white wine (optional).
Pour over baked pancakes and serve
piping hot. Serves 8 -

Bacon Farm Inn
Barnstable

THE WHITE HOUSE

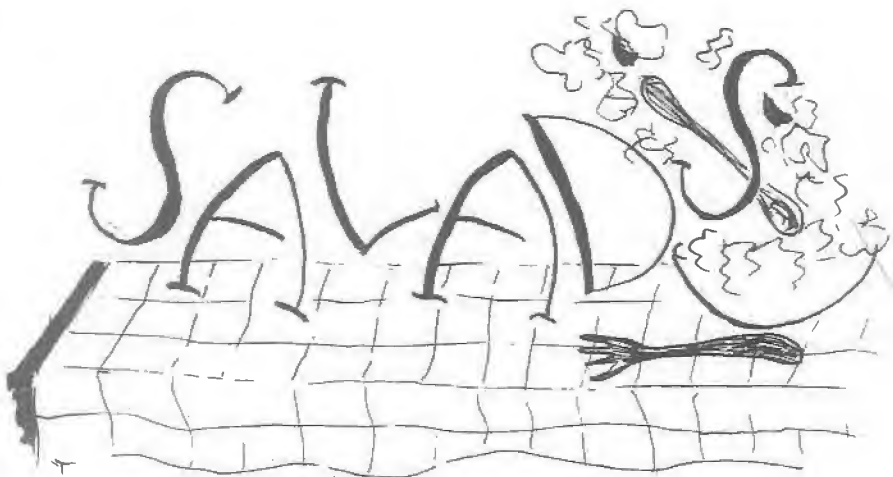
WASHINGTON

SALAD MIMOSA

1/4 cup olive oil
1 tablespoon wine vinegar
1/2 teaspoon salt
Dash of pepper
1/3 clove garlic, finely minced
2 quarts crisp salad greens
2 hard-cooked eggs, finely chopped

Combine oil, vinegar, salt, pepper and garlic in a jar with tight lid. Shake vigorously. Arrange greens in salad bowl; add dressing and toss thoroughly. Sprinkle with chopped egg. Serves 6.

Jacqueline Kennedy



Cranberry Apple Salad

- | | |
|---|-----------|
| 1 envelope unflavored gelatine | 1/4 lemon |
| 1/4 cup cold water | 1 apple |
| 1 lb. can Ocean Spray jellied cranberry sauce | |

Soften gelatine in cold water 2 minutes and dissolve over hot water. Crush canned jellied cranberry sauce with fork and add dissolved gelatine. Chill. Coarsely grind lemon, apple in food grinder. When gelatine mixture begins to jel, stir in lemon, apple. Turn into salad molds and chill until firm. Serve on lettuce cups.

Tomato Surprise

Peel tomato, remove thin slice from top. Remove seeds and some of the pulp. Sprinkle inside with salt. Turn upside down to drain for a few minutes. Fill with the following chicken salad mixture.

- 2 cups cooked fowl, diced
- 1 cup diced celery
- 3/4 cup mayonnaise

Toss, then fill tomato cavity. Place on crisp greens. Mask top with mayonnaise which has been slightly thinned with heavy cream. Finish with a dash of paprika and a few sprigs of watercress. (do not allow masking to come down on the tomato).



Tossed Green Salad Bowl

Rub wooden bowl with a clove of garlic. Place in the bowl crisp lettuce leaves, escarole, chicory, tender leaves of young spinach, and circles of chinese cabbage. All pieces of greens should be nearly mouth size; toss greens lightly so that they will absorb some of the garlic. Now add small wedges of tomato, slices of radishes and half slices of cucumber, thin slices of red or white onions. Just before serving pour over French dressing. Toss lightly with two forks. Lastly dress with sprigs of watercress.

If the bowl is to be dressed at the table, use same proportions of ingredients as for a basic French dressing; first sprinkle dry ingredients, then add oil, toss until greens are coated, then add vinegar and toss again.

Chicken Mouse

- | | |
|-----------------------------|---------------------------|
| 1/2 pkg. lemon jello | 1 tbsp. vinegar |
| 1 cup boiling chicken broth | 2 tsp. tarragon vinegar |
| 1 cup chicken cut up | 1/2 tsp. salt |
| 1 cup celery cut fine | dash cayenne |
| 1 pimento cut fine | 1 cup heavy cream whipper |

Dissolve jello with boiling soup, chill, then when slightly stiff beat with beater. Mix all other ingredients, add to jello, fold in whipped cream, turn into mold dipped in cold water, put in ice box to be used following day. Garnish with watercress and sliced olives. Pour over mayonnaise thinned with cream.

Avocado and Citrus Salad

Grapefruit and orange sections

Avocado, cut in strips (1 inch through center). Piquant French dressing.

Crisp bed of greens and watercress for garnish.



VARIATIONS OF

MAYONNAISE DRESSING

Thousand Island Dressing

To Russian dressing add
1/2 cup cream, beaten.

Pimento Mayonnaise

To 1 cup mayonnaise add
1 pod pimento, which
has been put through a
sieve, thin with a little
of the pimento liquid and
lemon juice.

Horseradish Mayonnaise

To 1 cup mayonnaise add
2 tbsp. horseradish.

Roquefort Dressing. Mayonnaise Base.

To 1 cup mayonnaise add
1 cup roquefort or blue cheese
broken in small pieces.
1 tbsp. Worcestershire sauce
1/2 cup French dressing (for thinning).
Season to taste.

Chutney Mayonnaise.

To 1/2 cup mayonnaise add
3 tbsp. chutney.

Cream Mayonnaise

To 1 cup mayonnaise add 1/3 cup heavy sour or
sweet cream beaten until stiff. Thin with fruit juices
if desired, when using on fruits.



Russian Dressing

- 1 cup mayonnaise
- 1/4 cup chili sauce
- 1/4 cup tomato catsup
- 2 tbsp. finely diced celery
- 2 tbsp. finely diced green papper

Soured-Cream Mayonnaise Dressing

- 2 cups mayonnaise
- 1/2 cup heavy soured cream
- 2 tbsp. lemon juice
- 1 tbsp. sugar

Beat together well and chill.

VARIATIONS OF FRENCH DRESSING

Piquant French Dressing

- | | |
|-------------------|------------------------------|
| 1 tbsp. salt | 1-1/2 cups salad oil |
| 1/4 tbsp. mustard | 3/4 cups cider vinegar |
| 1/4 tbsp. paprika | juice of 1/2 onion |
| 1/8 tbsp. pepper | 1 small kernal minced garlic |

Mix all dry ingredients, blend with oil until mixture is smooth, add vinegar, onion juice and garlic. Whisk well.

Roquefort French Dressing

To 1 cup French dressing add 1/4 cup roquefort or blue cheese broken in pieces. Shake well.

Curry French Dressing

- 1/2 cup French dressing
- 1/4 tsp. curry powder

Chiffonade Dressing

- 1 cup French dressing
- 2 tbsp. finely chopped red (sweet) pepper
- 2 tbsp. finely chopped parsley
- 2 tbsp. finely chopped chives, onion or shallot
- 2 hard-boiled eggs.

Mix well, shake, and chill.

Vinaigrette Dressing

To 1 cup French dressing, add the following ingredients chopped fine.

- 1 tbsp. cucumber pickle
- 1 tbsp. pimento
- 3/4 tbsp. green pepper
- 1/2 tbsp. onion or chives
- 1/2 tbsp. parsley.

Chutney Dressing

1/2 chutney to 1/2 French dressing, use with grapefruit salad.

Avocado Pear Dressing

Combine and beat well:

- 2 tbsp. rich cream
- 1 tbsp. lemon juice
- 1/2 tsp. salt
- 1 tsp. prepared mustard
- few drops tobasco sauce.

add and beat well

3/4 cup sieved avocado-pear pulp. Shake well and chill.

Tomato Salad Dressing

- 1/2 cup salad oil (or mineral oil, if on diet)
- 1 can tomato soup
- 1/4 cup vinegar
- 2 tsp chopped onion
- 1-1/2 tsp. salt
- 1/3 cup sugar
- 1 tsp. mustard
- several pieces finely chopped celery
- 1/2 tsp. paprika

Mix ingredients, add to soup, then add onion, celery, pepper, lastly oil and vinegar alternately. Mix well with egg beater.

For your own kitchen secrets.

Coffee gelatine Soufflé — an old favorite.

1 1/2 cups coffee

1/2 cup milk

2/3 cup sugar

3 eggs

1/2 Tbsp. vanilla

speck of salt

1 envelope gelatine

Mix coffee, milk, sugar and gelatine and heat in double boiler. When very hot pour into slightly beaten egg yolks and cook until it coats the spoon, stirring constantly. Add vanilla and fold at once into stiffly beaten egg whites. Mold and chill.

Cape Cod's Way with Cranberries



THREE HUNDRED YEARS AGO, friendly Indians taught early settlers that the little red berries growing in the lowlands of Cape Cod were good to eat. "Sassamanesh" they called them.

Indians pounded the cranberries together with venison, shaped the mixture into cakes and dried it in the sun to make pemmican.

But the women who had migrated from England had other ideas. In England they had been accustomed to serving preserves and stewed fruit. So, in the English way, they stewed cranberries, sweetened them with Lisbon sugar, and made "cranberry" sauce to serve with wild turkey and game.

Since those days, Cape Cod women have learned to use cranberries in many other delightful ways . . . in salads, relishes, desserts, and ices.

Today, besides the tangy fresh fruit at harvest time, Cape Cod's cranberry crops provide ready-to-serve Cranberry Sauce and Cranberry Juice Cocktail through OCEAN SPRAY CRANBERRIES, INC., a cooperative of cranberry growers, who raise their own fruit, own their own canning plants, and take pride in making fine quality cranberry products.

On Cape Cod tables, when chicken or turkey is served, cranberries are served, too. And OCEAN SPRAY fresh cranberries, cranberry sauce or juice is the basic ingredient of Cape Cod's best recipes. Some are in this book, and for a complete collection of exciting ways to serve cranberries and cranberry products, write to

OCEAN SPRAY'S
CRANBERRY KITCHEN
Hanson, Massachusetts

For your own kitchen secrets.

Cranberry crunch -

1 c. uncooked rolled oats 1/2 c. butter
1/2 c. flour 1 can Ocean Spray
1 c. brown sugar Cranberry Sauce

Mix oats, flour & brown sugar. Cut in butter until crumbly. Place 1/2 mixture in 8x8 inch greased baking dish. Cover with cranberry sauce. Cover with rest of mixture. Bake 45 mts. at 350°. Serve hot in squares topped with whipped cream or vanilla ice-cream

Yarmouth Branch Plum Pudding

1/2 c. fine bread crumbs 1/3 tsp. cloves
1 c. hot milk 1/2 lb. seeded raisins
4 eggs 1/4 lb. dried currants
1/4 c. sugar 1/4 lb. white raisins
1/2 c. fresh beef suet, minced 2 oz. citron, chopped
3/4 c. flour, sifted 2 oz. candied orange
1 tsp. salt peel, chopped
1/4 tsp. cinnamon 1/2 c. boiled cider, or
1/3 tsp. mace cranberry juice, or
grape fruit juice

Combine crumbs and milk and allow to stand 10 minutes. Beat egg yolks with sugar. Then beat in suet. Add crumbs and milk. Mix and sift dry ingredients. Combine with fruit and stir into first mixture. Add fruit juice and mix well. Beat egg whites until stiff, but not dry, fold into pudding and turn into greased 1 1/2 quart mold. Tie loosely a clean piece of cloth, covered by kitchen parchment, or waxed paper, over the pudding. Steam for 3 1/2 hours -



Desserts



Black Fig Pudding (A Steamed Pudding)

Put into a bowl

- 1 lb. black figs ground coarsely
- 1/2 lb. suet cleaned and ground
- 1/2 lb. white bread crumbs (take crusts off whole loaf fresh bread and pick apart with fork)

Soaked in:

- 1 pt. milk
- 1 cup molasses
- 1/2 tsp. salt
- 6 tbsp. sugar
- 1 tsp. soda

Mix well and add:

- 5 whole eggs slightly beaten and
- 1/2 cup sherry. Mix well. Fill tins 3/4 full and steam 4 hours. Serve with

Sherry Butter Sauce

- 1/2 cup butter
- 1 cup confectionery sugar
- 1/2 cup sherry

Cream butter and sugar, add sherry slowly. Place in refrigerator until ready to use.



Coffee Souffle

3 tbsp. butter	1/2 cup sugar
3 tbsp. bread flour	1/4 tsp. salt
3/4 cup strong coffee	4 eggs
1/3 cup light cream	1/2 tsp. vanilla

Melt butter, add flour and gradually add hot coffee and cream. Cook the mixture until it is smooth and thick. Beat egg yolks, sugar and salt together. Add the first mixture gradually to these ingredients. Beat until blended. Place over a low fire or in double boiler. Stir and cook for about one minute to permit the yolks to thicken slightly. Cool. Whip whites of eggs until stiff. Fold into the cooled mixture. Bake in a seven-inch baking dish in a moderate oven 325° for about 35 minutes. Serve at once with coffee or mocha sauce.

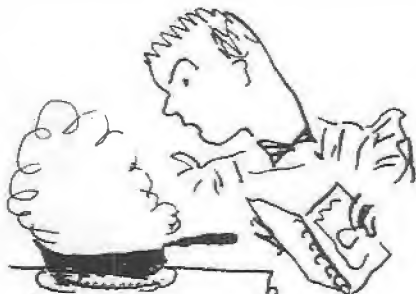
Coffee Sauce

2 eggs	1/8 tsp. salt
1/2 cup strong boiling coffee	1/2 cup heavy cream
1/4 cup sugar	whipped

Beat eggs, add coffee gradually while continuing to beat. Add sugar and salt and cook in double boiler, stirring constantly. When spoon is coated, remove from heat and chill. Shortly before serving fold in the whipped cream.

Mocha Sauce

Use chocolate sauce No. 2 (on page 68), but in place of cold water use strong, cold coffee. Increase the sugar if desired.



Lemon Fromage

2 eggs	1/2 tbsp. gelatine
3/4 cup sugar	soaked in
juice of 1/2 lemon	2 tbsp. cold water
grated rind of 1/2 lemon	1-1/4 cup heavy cream
	whipped

Beat egg yolks and sugar until fluffy. Add lemon juice, rind and gelatine dissolved over hot water to egg mixture stirring constantly until thick. Cool. Fold in stiffly beaten egg whites and cream and pour into mold rinsed in cold water. Keep in refrigerator 3 hours. Vary by using 1 can cubed pineapple.

Peppermint Ring Mold

Dissolve 1 tbsp. gelatine	1/2 cup sugar
1/2 cup thin cream	1/4 tsp. green coloring
1 tsp. peppermint extract	1 pt. whipping cream

Dissolve gelatine in 4 tbsp. cold water. Mix with cream scalded. Add sugar, coloring and flavoring. Fold 1st mixture into whipped cream. Set into icebox for 3 hours, or it can be made the day before.

Serve with chocolate fudge sauce to which has been added toasted salted nuts. Sauce should be slightly warm.

Cape Cod Indian Pudding

Scald 1/2 cup Indian meal with	1/2 tbsp. flour
1 qt. milk. Add	2 beaten eggs
1/2 cup molasses	2-1/2 tbsp. butter
1/2 cup maple syrup	1/2 tsp. each, cinnamon,
	salt, ginger

Bake in 275° oven for
2 hours.



Cherry Torte

- | | |
|---|-------------------|
| 1-1/4 cups sugar | 1 tsp. soda |
| 1 cup flour | 1/2 tsp. salt |
| 1 tsp. cinnamon | 1/2 cup nut meats |
| 2 cups drained unsweetened pie cherries | |
| 1 egg beaten | 1 tbsp. butter |

Bake in square tin 375° oven, cut in squares while warm cover with whipped cream and pour over cherry sauce.

Sauce

- | | |
|-------------------------------|-----------------------|
| 1 cup cherry juice (from can) | 1 tbsp. melted butter |
| 1/2 cup sugar | pinch salt |
| Cook until thick. | 1 tbsp. cornstarch |

Charlotte Russe

With two forks carefully remove the center of a 3-egg sponge cake leaving a wall about one inch thick. Fill the hole in the bottom with pieces of removed cake. Make the following filling:

Whip 1/2 pint of cream; flavour to taste with sugar and sherry or any sweet wine, or vanilla. Dissolve 1/2 envelope of gelatine in 1/2 cup of milk and add to whipped cream. Stand in refrigerator until it begins to set, then fill the center of the cake and place in refrigerator to stiffen. (This can be made the day before). Serve with whipped cream over the top. Flavored whipped cream or ice cream can also be used for filling.

Apple Crisp

- | | |
|----------------|-------------------|
| 3 or 4 apples | 1/3 cup flour |
| 1/2 cup sugar | 1/2 tsp. cinnamon |
| 1/4 cup butter | |

Place apples, peeled and quartered, in a buttered baking dish. Blend sugar, cinnamon, flour and butter until creamy. Spread firmly on top of apples. Bake 50 minutes in 350° oven.

Grandmother's Apple Strudel

1-1/2 cups flour
1/4 tsp. salt
1/3 cup warm water
1 egg, slightly beaten
2 qts. sour apples, (cut fine)
1 cup seeded raisins
1 cup sugar
1 tsp. cinnamon
1/2 cup currants
1/2 cup butter, melted
1/4 lb. almonds blanched and chopped

Place the salt, flour and egg into a large mixing bowl. Add the warm water, mix the dough quickly with a knife, then knead on board stretching it up and down to make it elastic and until it leaves the board clean. Toss it on a well-floured board, cover with a hot bowl and keep in warm place 1/2 hour or until it will stretch easily.

Lay the dough in the center of a well-floured cloth, on a large molding board, brush well with some of the melted butter and with hands under the dough, palms down, pull and stretch the dough gently, and then gradually around the edges until it is of a very large size and thin as paper.

Sprinkle apple, raisins, currants, almonds, the sugar and cinnamon over 3/4 of the area of the dough. Drip a few tbsp. of melted butter over all. Fold the dough over apple mixture on one side, then hold cloth high with both hands and the strudel will roll itself over and over into a big roll. Trim edges.

Twist the roll to fit pan which has been well-greased, or cut in two strips.

Bake one hour at 400° then reduce to 350° and continue to bake until brown and crisp. Brush top with melted butter.

Serve slightly warm with heavy soured cream or whipped cream.

Betty's Peaches

- 1 large can of large peach halves Juice of one lemon
- dark brown sugar 2 tbsp. rum(optional)

Place peaches cut side up in shallow buttered baking dish. Place 1 tsp. brown sugar on each half. Sprinkle lemon juice over all. Place in oven at 450°; watch that they do not burn. After 45 minutes, reduce to 350° and cook until peaches darken (1-1/2 to 2 hours cooking time in all). If sugar burns in pan add a little more peach juice. 15 minutes before serving add 2 tbsp. rum sprinkled evenly over peaches. Serve very hot, with a bowl of chilled soured cream. This can be made ahead and reheated. Allow 3 halves per person as the peaches shrink.

Rhubarb Cream

- 1 lb. rhubarb
- 1-1/3 cup water
- 1 cup sugar
- 2 tbsp. potato flour or cornstarch

Clean rhubarb and cut in pieces. Bring water to boil, add rhubarb and sugar and boil until tender. Mix potato flour with small amount of cold water, stir in and bring again to boil. Cool, cover, and serve with cream or milk.

Berry Cream

- 1 qt. berries (strawberries, raspberries, currants,
gooseberries, or blackberries)
- 3 cups water
- 3/4 cup sugar
- 2 tbsp. potato flour or cornstarch

Clean berries. Bring water to boil, add berries and sugar and boil several minutes. Mix potato flour with small amount cold water, stir in and bring again to boiling point. Cool covered and serve with cream or milk.

Marmalade Souffle

- 1 cup orange marmalade
- 6 stiffly beaten whites of eggs

Use a brand of marmalade that is stiff with fruit, not too much jelly. Butter the top of a large double boiler which has a tightly fitting cover. Have the water boiling in the lower part.

Fold one cup of marmalade into the stiffly beaten egg whites; and pour into top of double boiler. The pudding should fill the pan about half full. Cook over boiling water for one hour; do not remove cover until ready to serve. (This can be kept standing with heat turned low if dinner is delayed.) Serve with sauce as follows:

- | | |
|------------------------|----------------|
| 1/2 cup powdered sugar | 2 tbsp. brandy |
| 3 egg yolks | 1/2 pt. cream |
| 1 tsp. vanilla | |

Beat yolks to lemon color, add sugar, vanilla and brandy; whip cream and fold in slowly.

Mousse au Chocolat

Melt in double boiler 1/2 lb. chocolate

1/2 cup sugar

1/4 cup water

- Stir until smooth and put aside to cool. Beat well
- 5 egg yolks and add with
 - 1 tsp. vanilla to chocolate. Beat
 - 5 egg whites until stiff and fold mixture into them.

Pile in large serving dish or a dish lined with cake strips or serve in individual glasses. Leave in icebox 6 or 8 hours.

Fruits au Cardinal

Layers of thin strips of fresh pineapple, strawberries quartered, quarters of fresh peeled peaches, quarters of naval oranges.

Leave in icebox for 2 hours, then cover with a puree of strawberries mashed with sugar and flavored with Kirsch or brandy.

SAUCES

Chocolate Sauce #1

(for ice cream or puddings)

1/4 cup melted chocolate

1/4 cup melted butter

3/4 cup sugar

1/4 cup cocoa

pinch salt

Mix and add 1/4 cup of cream. Let it come to a boil only.

Chocolate Sauce #2

4 squares of bitter chocolate melted in double boiler. Add 1 cup and 2 tbsp. sugar, and stir in cold water until the sauce is a little thicker than you wish it to be when served. There will probably be about 1/2 cup. Leave it in the double boiler and serve hot.

Butterscotch Sauce

1 cup white sugar

1 cup brown sugar

1 cup white corn syrup

1 cup evaporated milk

1 large tbsp. butter

Cook 1/2 hour until thick in top of double boiler.

Boysenberry Sauce

1 can Boysenberries preserved in heavy syrup. Drain berries from syrup, put syrup in saucepan and add 1/4 cup sugar, juice of 1/2 lemon and heat. Add 1 tbsp. cornstarch dissolved in 3 tbsp. water. Add to first mixture and cook for about 3 minutes. Remove from range and gently fold in berries. Chill. Use on ice cream or creamy desserts.

Eggnog Sauce

Beat well 2 egg yolks. Beat in gradually 1 cup powdered sugar. Add 1 tsp. vanilla or 2 tbsp. sherry or brandy. Whip until stiff, 1 cup heavy cream. Whip until stiff, 2 egg whites. Fold the cream into the yolk mixture. Fold the egg whites into the yolk mixture. This sauce will glorify any pudding.

FROZEN DESSERTS

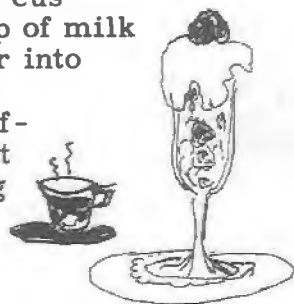
Ice Cream

Those who do not live within reach of good ice cream need not go without it, for it is easily made in the ice-cube compartment of the refrigerator. The secret lies in the use of a small amount of white corn syrup - 1-1/2 to 2 tsp. to a quart - to prevent the formation of ice crystals, and in frequent stirring until the mixture is frozen.

A recipe for rich mocha ice cream follows: but in a hurry one or two well-beaten raw eggs can take the place of custard. Ice creams made with strawberries, peaches, etc., can be made with less cream than is required for chocolate or similar flavors. Ice creams made with watery flavors, such as strawberries, require more corn syrup than those made with chocolate, for example, which has almost no water. Ice cream can be made without eggs if preferred, using only whipped heavy cream.

Mocha Ice Cream

Melt 2 squares of chocolate in 1/2 cup of very strong coffee over hot water. Add 1-1/2 cup of sugar and 1-1/2 tsp. white Karo corn syrup. Make a custard of three egg yolks and 1-1/4 cup of milk and combine the two. When cold stir into 3/4 pint of cream, whipped stiff, and place in freezing compartment of refrigerator with temperature at lowest point. Stir every half hour, mashing and mixing the ice cream as it freezes, until it is frozen (about 1-1/2 or 2 hours, depending on the refrigerator). Then raise the temperature slightly and allow to ripen until used.



Lemon Ice Cream

- | | |
|--------------------------------|---------------------|
| 2 eggs | 1/2 cup heavy cream |
| 1/2 cup sugar | 1/4 cup lemon juice |
| 1/2 cup light corn syrup(karo) | tsp. grated rind |
| 1-1/2 cups milk | |

Beat eggs lightly, add sugar gradually, beat mixture until rather thick. Mix all together. Pour into tray stirring occasionally until frozen.

Cranberry Parfait

- | | |
|---|-------------------------|
| 1 1-lb. can Ocean Spray jellied cranberry sauce | 1 egg white |
| 2 tbsp. powdered sugar | 1/2 pt. heavy cream |
| | 1/2 tsp. almond extract |

Beat the cranberry sauce and powdered sugar with a fork. Add stiffly beaten egg white, whipped cream, and flavoring. Freeze in tray of refrigerator at coldest setting until firm. Serves 6.

Coffee Mousse Frozen

- | | |
|---------------------|-------------|
| 4 egg yolks | 1 cup sugar |
| 1 cup strong coffee | |

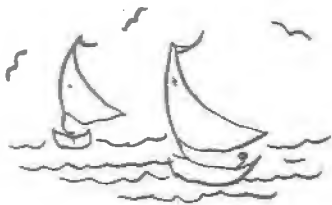
Beat yolks, stir in sugar and add coffee hot. When cold add 1 pint heavy cream whipped. Mold and freeze 4 or 5 hours.



Orange Ice Cream

- | | |
|----------------------|----------------|
| 1-1/2 oranges | 1 cup sugar |
| 1-1/2 lemons | 1 cup top milk |
| 1/2 pint heavy cream | whipped. |

Strain orange and lemon juice, add sugar and top milk, whipped cream, stir well. Put in refrigerator tray, stir after the first half hour.



For your own
kitchen secrets.

Sponge cake - moist & very easy.

Beat, with a heavy beater, in the order

given -

3 egg yolks

$\frac{1}{4}$ c. cold water

$1\frac{1}{2}$ c. Sugar

flavoring (any kind you like)

1 c. minus 1 Tsp. sifted cake flour

$\frac{1}{4}$ c. cold water

1 c. minus 1 Tsp. cake flour sifted with

2 Tsp. baking flour, $\frac{1}{2}$ Tsp. Salt.

fold in 3 egg whites beaten stiff but
not dry.

Pour into a tube angel-cake Tin and
sprinkle with sugar. Bake at 350°
for an hour (or more). Test with
wire cake tester, and cool upside
down. Be sure cake is thoroughly
baked - All-purpose flour can be
used, $\frac{7}{8}$ cup each time.

For your own kitchen secrets.

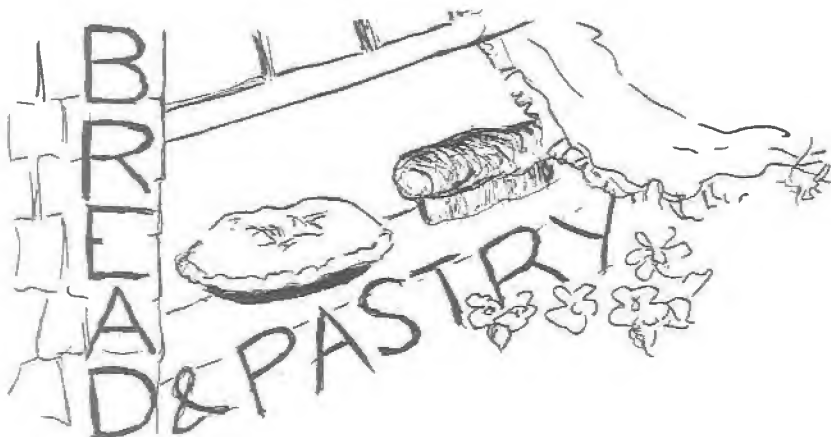
Blueberry Betty à la mode

1 quart blueberries
2 heaping tbs. cornstarch
juice of $\frac{1}{2}$ lemon
 $\frac{1}{4}$ cup water
 $\frac{2}{3}$ cup sugar
pinch of salt
one-egg cake
baked in 8-in
square pan
nutmeg, powdered sugar

Pick over & wash blueberries. Place in heavy saucepan, add cornstarch, sugar, lemon juice, salt & water. Mix gently with wooden spoon. Cook over moderate flame, stirring frequently. When thickened put aside to cool reserving one cupful for garnish. Slice cake to make two layers. Spoon half of berries into baking pan. Place half of cake on berries. Pour remaining berries on cake & top with second layer. Cover generously with powdered sugar & sprinkle with nutmeg. Cut in 2-inch squares. Place a scoop of vanilla ice-cream on each portion & top with teaspoon of the reserved blueberry sauce.

From the Cranberry-Goose
Yarmouth Port





Penny's Nut Bread

2 cups flour
3 tsp. baking powder
1/2 tsp. salt
1/2 cup sugar

7/8 cup milk
1 well beaten egg
1/2 cup crushed
walnut meats

Mix and sift dry ingredients. Add nuts. Combine egg and milk and add to dry mixture. Pour into greased and floured bread pan and let stand 20 minutes. Bake at 350° for 50 minutes.

Squash Muffins

1 cup squash
1/2 cup sugar
1 cup milk with 1/4 tsp. soda

Butter the size of an egg
1/2 yeast cake

Flour to stir with a spoon (about 1 qt.). Let rise overnight, stir down and let rise again. Put in muffin pans and rise again.



Eggless Bran Muffins

- | | |
|--------------------|---------------------------|
| 2 cups bran | 1/2 cup molasses |
| 1 - 1/2 cups flour | 1-3/4 cup milk |
| 1 tsp. salt | 3 tbsp. melted shortening |
| 1 tsp. baking soda | |

Bake in 350° oven 25 minutes.

Orange Bran Muffins

- | | |
|---------------------------|----------------------|
| 1/3 cup shortening | 2 cups flour |
| 1/2 cup sugar | 2 tsp. baking powder |
| 1 egg | 1/2 tsp. salt |
| 3/4 cup bran | 1/2 tsp. soda |
| 1 tsp. grated orange rind | 1/2 cup milk |
| 1/2 cup orange juice | |

Bake 30 minutes in 400° oven.

Puffed Crackers

Soak xxx butter crackers or saltines in a large pan of cold water 5 minutes. Lift out carefully onto a cookie sheet. Put a piece of butter on each and paprika if desired. Put into a very hot oven, 500°, and bake 40 minutes turning oven down gradually to 300°.

Some years ago two charming white-haired ladies made The Cupboard, in Yarmouthport, famous for their gracious hospitality and delicious food, particularly their rolls which were served with sweet butter made from cream from their own cow. Some years ago they retired and now they both have passed away. But when they closed their tearoom they gave us, with characteristic generosity, their recipe for the rolls, which we here give you. You will find their recipe for scalloped clams in another section.

Tea Rolls

- | | |
|----------------------|--------------------------------|
| 1 cup scalded milk | 2 tbsp. sugar slightly rounded |
| 4 level tbsp. butter | 1 tsp. salt |

When luke warm add: 1 yeast cake dissolved in 2 tbsp. of milk (not taken from the cup of milk), 1 egg slightly beaten, 3 cups of flour unsifted. Beat until smooth; cover and let rise until double. Stir down and put from spoon into greased muffin pans in 2 separate pieces, one on top or beside the other. The muffin tins should be about $\frac{2}{3}$ full, let rise and bake in 350 to 375° oven for about 12 minutes. Brush tops with melted butter when baked.

If set to rise at 9 a.m., they can be baked for luncheon. Makes 2 dozen rolls.

Cold Oven Popovers

- | | |
|-------------------------|-----------------------|
| 1 cup milk | 1 tbsp. melted butter |
| 2 eggs | 1 cup flour |
| $\frac{1}{2}$ tsp. salt | |

Beat eggs, salt and butter into milk. Add to flour gradually until smooth. Pour into custard cups (they need not be greased) place in cold oven set at 415°, leave for 1 hour. Do not open oven door while baking.

Grapenut Bread

- | | |
|---------------------------------|---------------------------------------|
| 2 cups scalded milk | 1 tsp. salt |
| 1 cup grapenuts | 1 cup sugar |
| 3 cups sifted all purpose flour | 1 egg well beaten |
| 4 tsp. baking powder | 3 tbsp. melted butter
or margarine |

Pour milk over grapenuts, cool. Sift flour once, measure, add baking powder, salt and sugar. Sift again. Add egg and shortening to grapenut mixture and stir well, add flour mixture stirring only enough to dampen all flour - this is so that the grapenuts will not lose their form when the bread is baked. They should show up quite definitely.

Turn into greased loaf pan, let stand 20 minutes. Bake in moderate oven 350 to 375° for about 1 hour.

Honey Bread

- | | |
|---|---------------------|
| 1 yeast cake dissolved in a little lukewarm water | |
| 1-1/2 cups milk | 2 eggs |
| 1/2 cup sugar | 6 cups sifted flour |
| 1/2 cup margarine | 1 cup honey |
| 1 tsp. salt | |

Dissolve yeast cake in 1/2 cup of lukewarm milk or a little lukewarm water. Scald 2 cups milk with 1/2 cup sugar, and 1/2 cup margarine. Cool, add the lukewarm dissolved yeast, 1 tsp. salt and 2 eggs; now add enough flour to make elastic dough. Set to rise in a buttered bowl about 2 hours.

Divide the dough in two parts. Lengthen each part long enough to go around twice in an angel cake pan. Pans must be well greased with vegetable fat or lard. Twist each length before coiling in angel cake pan. Now let rise until TRIPLE in size. Set oven 350°. Just before putting in oven, pour a large cup of honey over the top of each loaf. Bake 45 minutes, or until golden brown. The heat will distribute the honey over the sides and bottom. Turn upside down on a plate as soon as done or honey will stick to pan.

When baked the dough should be 4 or 5 times the size as when first coiled in the pan. Serve with fresh butter while still warm.

Orange Bread

- | | |
|--|----------------------|
| 1 large orange. Squeeze juice and fill up cup with boiling water. Grind the rind | |
| 1 tsp. soda | 1 beaten egg |
| 1/2 cup sugar | 2 cups flour |
| 2 tbsp. shortening | 1 tsp. baking powder |
| 1 tsp. vanilla | 1/4 tsp. salt |
| 1 cup dates or raisins | 1/2 cup nut meats |

Mix in the order given and bake in a slow oven 325° for one hour.

For your own kitchen secrets

Cream cake — very easy, very good

Put one cup of sugar into a mixing bowl. Break 2 eggs into a measuring cup and fill with heavy cream. Add to the sugar and beat until thick. Sift into this one cup of self-rising flour. Mix very thoroughly. add 1 ^{1/2} tsp. vanilla or almond. Pour into a pan greased and lined with waxed paper. Bake 45 minutes at 350°.

Cranberry-orange bread

Sift together 2 c. flour
1/2 tsp. salt
1 1/2 tsp. baking powder
1 cup sugar

Add 2 tsp. shortening to juice and ground rind of 1 orange, and boiling water to make 3/4 cup. Add this, with 1 beaten egg, to dry mixture. Add 1 cup firm cranberries cut in pieces and 1 cup chopped nuts. Mix well. Pour into greased loaf pan. Bake at 325° for 1 hr.

This is especially good spread with cream cheese.

Sooty
Yarmouth Port



For your own kitchen secrets.

Onion Corn Bread —

2 medium onions sliced thin lightly browned
in 2 tbsp. shortening.

1 egg, $\frac{3}{4}$ cup sour cream beaten together
with salt & pepper ($\frac{1}{2}$ tsp. salt).

In greased pie plate pour contents of
a package of Flakora (or other) corn
muffin mix. prepared according to directions.
Spread browned onions over top and pour
egg-cream mixture over all. Bake accord-
ing to directions for corn muffins.

A good meat loaf.

1 $\frac{1}{2}$ lbs. lean bottom round, ground.

1 cup cracker crumbs.

1 tsp. Bell's poultry seasoning

1 tsp. salt, 1 tbsp. chopped parsley

1 or 2 medium onions, cut fine

1 egg, beaten

$\frac{3}{4}$ cup milk

Stir well together. Bake in an
oblong tin lined with cheffoil.

If desired, cover with cornflakes.

Bake at 350° for $\frac{1}{2}$ hour or until
done. Do not overcook.

Mock Cherry Pie

1-1/2 cups cranberries (cut in halves and seeds washed out)

3/4 cup seeded raisins

1 cup plus 2 tbsp. granulated sugar

1-1/2 tbsp. flour

3/4 cup boiling water

Juice of 1/2 lemon

Rind of 1/2 lemon

Mix sugar and flour, blend well, add boiling water add cranberries and raisins, lemon rind and lemon juice. Cook until mixture thickens, about 10 minutes. Cool. Line shallow pie plate with pastry, fill pie plate with cooked mixture, strap the top with pastry or cover with pastry. Bake in 450° oven about 10 minutes or until pastry is nicely browned, Finish in 350° oven, about 35 minutes longer.

Grandmother's Pumpkin Pie

1-1/2 cups cooked or canned pumpkin or squash

3/4 cup sugar

1/2 tsp. salt

1/2 tsp. ginger

1/4 tsp. nutmeg

1 tsp. cinnamon

3 slightly beaten eggs

1 6-oz. (3/4 cup)

evaporated milk or

1-1/4 cup milk

Combine pumpkin, sugar, salt and spices. Add eggs and milk. Pour into 9 inch pie shell. Bake in 450° oven 10 minutes, then in moderate oven 325° about 50 minutes or until mixture doesn't adhere to knife.

Strawberry Pie

1-1/2 qts. strawberries, washed. Place

1 qt. in a baked pie shell. Remaining

1 pt. of the berries with

1/2 cup water

1/2 cup sugar

2 tbsp. corn starch

Boil until thick, add red coloring to make a brilliant color, put through the seive and pour over the raw berries. Chill and serve.

Apricot Crumb Pie

- 1 cup graham cracker crumbs
- 1/4 cup melted butter
- 1/4 cup sugar
- 1/4 tsp. cinnamon

Mix and press into 9 inch pie plate

- 1 cup apricot pulp (sweetened)
- 1/4 cup sugar
- 1 tbsp. lemon juice
- 1 grated orange rind
- 3 egg whites beaten stiff

Add lemon juice, orange rind to apricots, add sugar and fold in egg whites. Put in crust and bake 25 minutes in 350° oven.

Lemon Angel Pie

- | | |
|----------------------------|-------------------|
| 6 egg yolks | 3 egg whites |
| 1 cup sugar | 3 egg whites held |
| juice of 1-1/2 lemons | for meringue |
| 1/2 cup sugar for meringue | |

Slightly beat yolks of eggs, add sugar gradually and beat, add lemon juice and cook over hot water until thickens, stir constantly. Add stiffly beaten whites of 3 eggs. Pour this mixture into a cooked pastry shell, cool.

Meringue

Beat 3 egg whites until foamy, add sugar gradually, continue beating until meringue stands in points. Cover top of cooled pie, Place in 325° oven 10 minutes.

Sour Cream Pie

- | | |
|------------------|-------------------------------|
| 7/8 cup sugar | 1 cup seeded raisins cut fine |
| 1 cup sour cream | 2 tsp. vanilla |
| 2 eggs beaten | |

Put together in a bowl or mixer and mix well. Bake in one crust in hot oven 450° for 10 minutes then reduce heat to 300° and cook until firm when tested with silver knife. Cool, and finish with a meringue.

Hot Water Pie Crust

- 1 heaping cup vegetable shortening
- 1/2 cup boiling water
- 3 cups sifted flour
- 1 tsp. salt
- 1/2 tsp. baking powder

Sift dry ingredients, add vegetable shortening, mix with fingers, knives, or pastry cutter until size of peas. Add boiling water, stirring with a fork until all hot water is stirred in. Roll out on lightly floured board.

Cream Cheese Pastry

- 1/2 cup butter
- 1 3-oz. package cream cheese
- 1-1/4 cups pastry flour



Cream butter and cheese together well. Sift, measure and sift flour. Add to first mixture. Mix well. Shape into ball. Wrap in waxed paper. Set in refrigerator to chill. Bake in 400° oven for 15 minutes.

(Note: This crust is best used for individual tarts or pastries.)

* * * * *

The use of a pastry canvas and a rolling pin "stocking" (obtainable at house furnishing stores) makes the rolling out of pastry and cookies much easier.



Orange Chiffon Cake

1-1/8 cups (1 cup plus 2 tbsp.) sifted flour

3/4 cup sugar

1-1/2 tsp. baking powder

1/2 tsp. salt

Make a well and add in order

1/4 cup salad oil

2 unbeaten egg yolks, juice 1 orange plus water to make 3/8 cup (1/4 cup plus 2 tbsp.), grated rind of orange (1 tbsp.).

Beat very stiff 1/2 cup egg whites, 1/4 tsp. cream of tartar. Pour egg yolk mixture over whites, fold in gently. Pour into ungreased pan. Bake in 9-inch tube pan 325° oven 50 to 55 minutes. Ice with:

1/4 cup shortening melted

1/8 tsp. salt

2 tbsp. flour

1/4 cup orange juice

Boil 1 minute, remove and add 1-1/2 cups confectioners sugar. Beat over ice water until right consistency to spread and add 1/2 tbsp. orange rind grated.

Simple Chocolate Cake

Put one square chocolate in bowl and melt with large tsp. butter. Break one egg in cup and fill cup with sweet or sour milk. Add to the chocolate and stir well, then add 1 cup sugar and stir. Add 1 tsp. soda and 1 tsp. baking powder to a heaping cup of flour (1 cup 2 tbsp.) half tsp. salt and 1 tsp. vanilla and beat very well. Bake 1/2 hour in 400° oven. Bake in layers or 8x8 pan or cup cakes.

Golden Sunbeam Sponge Cake

5 eggs	1 tbsp. lemon juice
1/2 cup ice water	1 tbsp. orange or
1-1/2 cup sugar	vanilla
1-1/2 cup pastry flour	1/2 tsp. salt

Beat yolks and salt 1 minute. Add ice water and beat 1 minute. Add sugar and flour then beat. Beat egg whites stiff and add extract. Bake in ungreased tube pan. Place in cold oven set at 350°F. Bake 50 minutes. Turn pan upside down until cool.

French Spice Cake

1/2 cup butter
1 cup sugar
5 egg yolks
1 whole egg
1-3/4 cup pastry or cake flour
2/3 tsp. soda
1-1/2 tsp. cream tartar
1/2 tsp. each: ginger, cloves, nutmeg
1/4 tsp. salt
Reserve 3 tbsp. of dry mixture to dust
1/3 cup sultana raisins
1/2 cup milk

Cream butter add sugar gradually, beat thoroughly. Beat egg yolks and whole egg until thick. Add to first mixture. Sift all dry ingredients together. Dredge raisins, combine all, adding the milk alternately with the dry ingredients. Mix thoroughly but do not beat. Bake in 350° oven about 1/2 hour.

Three Egg Sponge Cake

3 eggs	1-1/2 cup sugar
1/2 cup boiling water	1-1/2 cup flour
Pinch salt	1 tsp. lemon extract
	1 tsp. almond extract

Beat egg yolks add boiling water sugar and flour and flavoring in the order given, beating after each addition. Fold in egg whites beaten stiff. Bake in 350° oven about 40 or 50 minutes in ungreased angel cake pan. Invert until cool.

Wedding Cake - 10 lbs.

- 1 lb. powdered sugar
- 1 lb. washed or sweet butter

Grate in rind of 2 lemons and knead well with hand for 10 minutes.

Break in 10 whole eggs 2 at a time and knead for 10 minutes longer. Mix 1 tsp. each of cinnamon, ground cloves and mace, and grated nutmeg, 2 tsp. of ground allspice and add with 1/4 cup of confectioners molasses. Mix for 1 minute. Add 1 lb. well sifted flour, mix for 2 minutes.

Add 2 lbs. currants

2 lbs. malaga raisins

2 lbs. sultana raisins

1 lb. candied citron (finely sliced)

1/2 cup Jamaica rum

1/2 cup brandy

Mix the whole well for 15 minutes using both hands if necessary.

Butter a plain round 5 qt. cake mold. Line bottom and sides with paper, leaving it 1-1/2 inches higher than edge of mold. Pour in mixture and bake in slow oven 250° for 5 hours.

When baked, lay on table to cool 4 hours. Send in pan to be iced.

Dredge fruit in flour before adding. If baking in gas oven, leave door slightly open with a pan of water in it.



Wedding-ring Cake

- | | |
|-------------------------------|---------------------------------|
| 4 cups seedless raisins | 1 tsp. baking powder |
| 2 cups coffee | 1 tsp. soda |
| 2 cups sugar | 1/2 tsp. salt |
| 1/2 cup butter | 4 eggs |
| 2-1/2 cup enriched flour | 2-1/2 cups candied fruits |
| 2 tsp. each, cinnamon, cloves | 1 cup broken walnuts or almonds |
| 1/2 tsp. allspice | |

Wash raisins and cook with coffee and sugar 5 minutes, add shortening and cool to room temperature.

Sift flour, measure, add spices, baking powder, soda and salt and sift again.

Beat eggs in large mixing bowl and gradually blend in sifted-dry ingredients. Stir in raisin mixture, candied fruits and nuts.

Grease and flour 9-inch tube pan or 2 loaf pans. Pour in cake mixture. Bake in slow oven 300° for 2 to 3 hours.

Orange Tea Cakes

1/2 cup shortening	grated rind of 1/2 lemon
1/4 cup sugar	1 tbsp. mixed orange and
pinch of salt	lemon juice
grated rind of 1 orange	1 cup flour

Cream shortening, then add other ingredients gradually, beating well between each addition. Cover the bowl and stand in the refrigerator for several hours or overnight. Flour palms of hands lightly and form dough in balls the size of a small walnut. Dip in white of an egg which has been slightly beaten with 1 tbsp. of cold water. Cook on ungreased cookie sheet at 350° for about 20 minutes. Sprinkle with sugar while hot. Makes 20 to 24 cakes.

Sugar Cookies

1/2 cup butter
1 cup sugar
2 eggs
2 tsp. baking powder
1/2 tsp. vanilla
1-1/2 cups flour



Cream butter and sugar, add beaten eggs then flour sifted with baking powder (1-1/2 cups or enough to make stiff enough to handle). Roll a little at a time. Sprinkle sugar on top and bake in moderate oven 5 to 8 minutes.

Plantation Cookies

- | | |
|--------------------|-----------------------|
| 1 cup brown sugar | 1/2 tsp. salt |
| 1/2 cup shortening | 1/2 cup pecans broken |
| cream together | 1/2 cup flour (scant) |
| 1 egg | 1 tsp. vanilla |

Bake on wax paper 325° oven until brown for 15 minutes.

Thin cookies

- | | |
|----------------------------------|----------------------|
| 1 cup butter (or margarine) | 2 eggs |
| 1 cup sugar | 1 cup, 2 tbsp. flour |
| 1/2 tsp. vanilla, 1/2 tsp. lemon | |

Cream butter and sugar, add eggs well beaten, flavouring and sifted flour. Drop by half teaspoonfuls on well greased cookie sheets. Bake at 375° until brown around the edges.

Wiener Kippets

(A rich and unique cookie)

- | | |
|--|----------------------------|
| 1/2 lb. butter | 2 cups flour (all purpose) |
| 1/4 cup sugar granulated | 2 tsp. vanilla |
| 1 cup almonds ground with peeling (using meat grinder) | |

Cream butter, add sugar continue to cream, add ground almonds and flour and vanilla and beat well. Put in icebox, covered, When stiff enough to handle cut off a portion at a time, roll on a lightly floured board to pencil-thick diameter. Cut off in 2-1/2 inch pieces and bend to the shape of a horseshoe. Place on buttered cookie sheet. Bake in slow oven 300°.

Butterscotch Brownies

- | | |
|----------------------------------|----------------------|
| Melt 1 cup butter | 4 tsp. baking powder |
| 4 cups old fashioned brown sugar | 1 tbsp. vanilla |
| 4 eggs | 1 cup chopped nuts |
| 2 cups flour | (walnuts) |

Bake in medium oven about 1/2 hour 350 to 375°.



Pickled Peaches

1/2 peck small ripe peaches

Scald and remove skins. Make a syrup of the following:

4 lbs. brown sugar

2 oz. stick cinnamon

1 qt. vinegar

Boil 20 minutes

Stick each peach with cloves (3 or 4). Put in syrup and cook until tender. Do not put in too many peaches at a time.

Watermelon Rind Pickle

7 lbs. watermelon rind

1 pt. vinegar

1 pt. water

1/2 tsp. oil cinnamon

3-1/2 lbs. sugar

1/2 tsp. oil clove

pinch of salt

Cut in cubes, cook in water until transparent, drain. Make syrup and pour over melon rind, next morning pour off syrup, bring to a boil and pour over rind again. Do this two more mornings then bring all to a boil and bottle.

Pickled Watermelon Rind

4 lbs. rind cut in cubes

1 oz. stick cinnamon

2 lbs. brown sugar

1 oz. whole alspice

3/4 pt. cider vinegar

6 whole cloves

Tie spices in bag. Boil them with vinegar and sugar for 15 minutes, add rind and cook until tender. Fill hot sterilized jars and seal.

Sweet Relish

- | | |
|-----------------------|--|
| 1 pk. green tomatoes) |) Put through food chopper and
add 1 cup salt |
| 4 green peppers | |
| 3 large onions | |

Let stand overnight. In the morning drain and add

- | | | |
|------------------|----------------------|---------------|
| 7 cups sugar | 5 tbsp. celery seed) |) tied in bag |
| 2 qts. vinegar | 1 tbsp. cinnamon | |
| 1/2 tbsp. pepper | 1 tbsp. clove | |

Boil until thick, slowly, about 1 hour.

Beach Plums

One of the loveliest sights in spring on Cape Cod is the beach plum in full bloom. The white blossoms grow on bushes of medium height in masses along the roadsides and on the beaches from which they derive their name.

Beach Plum Jelly

Beach plums, like other fruits, should not be fully ripe for jelly. Stem, wash and place in kettle, covering about halfway with water, and cook until fruit is soft. Strain through cheesecloth. Measure juice and sugar, cup for cup, and heat sugar in oven while bringing juice to a boil. Boil juice for 5 minutes and add warmed sugar, stirring until it dissolves. Cook until it "sheets" from spoon and pour into hot, sterilized glasses. Seal with parafine when cool.

Beach Plum Jam

Remove the seeds and cook as above until soft. Measure and add 1/2 to 3/4 as much sugar. Boil until thick, stirring carefully to prevent burning. Pour while hot into hot, sterilized jars, and seal.

Cranberry-Orange Relish

- 4 cups Ocean Spray fresh cranberries
- 2 oranges
- 2 cups sugar

Put cranberries and oranges (which have been quartered and seeds removed) through food chopper. Add sugar. Mix well, and store in refrigerator several hours before serving for flavors to blend.

Spiced Cranberries

- | | |
|------------------------|---------------------|
| 1 cup water | 2 tsp. whole cloves |
| 1-1/4 cups brown sugar | 2 sticks cinnamon |
| 3/4 cup sugar | 4 cups cranberries |
| 1/2 cup vinegar | |

Bring water, sugar, vinegar, cloves, and cinnamon to a boil in a medium-sized saucepan. Boil rapidly 5 minutes; strain. Add the cranberries and cook 5 minutes or until cranberry skins pop open. Remove from heat; cool thoroughly before serving.

Cranberry Chutney

One pt. of chopped cranberries, 12 sour apples pared and chopped, 2 chopped green peppers, 1 chopped red pepper, 1 cup of chopped raisins, 1 pt. of vinegar, 2 cups of granulated sugar, the juice of 4 lemons, 1 tbsp. of ground ginger, 1/2 tsp. of red pepper. Put ingredients together in the order given and cook slowly until thick. Seal in sterilized jars.

Preserved Kumquats

- | | |
|----------------|------------------------|
| 1 qt. kumquats | 1 pt. granulated sugar |
| 1 cup water | |

Wash kumquats and prick with a fork. Boil sugar and water together for about 5 minutes. Add kumquats to syrup and cook gently about 45 minutes or until the kumquats are tender. Put into sterilized jars and seal.

Fresh Corn Relish

- | | |
|---------------------------|------------------------|
| 3 doz. large ears of corn | 1 qt. granulated sugar |
| 8 medium sized onions | 1/2 cup salt |
| 2 doz. red tomatoes | 1 pt. sifted flour |
| 2 bunches celery | 1 tsp. paprika |
| 2 green peppers | 1 tsp. tumeric |
| 2 red peppers | 1 tsp. dry mustard |
| 1 gal. vinegar | |

Dice tomatoes, dice celery, chop peppers and onions, remove corn from cob (corn should be used in its prime the day it is picked). Combine diced and chopped ingredients, add half of the vinegar. Combine dry ingredients, and add the other half of the vinegar. Blend until smooth, combine all ingredients, bring to the boiling point, then simmer for 30 to 40 minutes. Put into sterilized jars, seal covers.

An Old Fashioned Piccallili

- 1 peck green tomatoes chopped coarsely. Sprinkle with 1 cup salt, let stand overnight. In the morning drain off liquid.

Put the following ingredients into a heavy kettle.

3 qts. cider vinegar

5 cups white sugar

allow to come to the boiling point.

add

1 tbsp. mustard seed

2 tbsp. cassia ground

1 tbsp. cloves ground

1/2 tbsp. allspice ground

1 medium-sized stick of horseradish

Boil all 5 minutes.

3 green and 3 red peppers (sweet) chopped

3 large onions, chopped.

Mix all and boil for 1 hour slowly, frequently stirring mixture from the bottom.

Pepper Relish

12 red peppers	2 cups vinegar
12 green peppers	2 cups sugar
12 onions	3 tbsp. salt

Remove seeds from peppers, peel onions, chop peppers and onions rather coarsely. Cover with boiling water and let stand for 5 minutes, drain well. Add vinegar, sugar and salt and boil for 5 minutes. Pour into clean, sterilized jars and seal at once.

Mince Meat

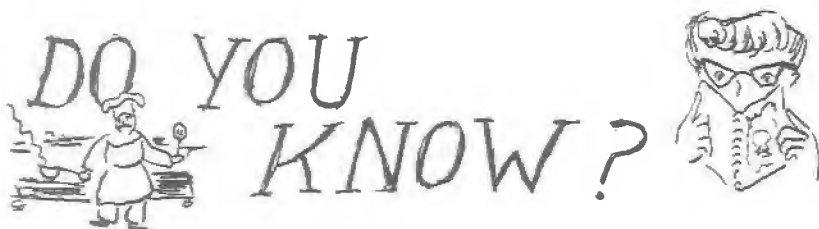
1 qt. cooked beef, chopped	
12 cups chopped apple, Baldwins favored.	
3 cups chopped suet	1 tbsp. cloves
4 cups raisins	1 tbsp. nutmeg
4 cups currants	piece of citron size of egg
5 cups sugar	chopped
1-1/2 cups molasses	juice of 3 lemons
2 cups boiled cider	salt to taste
2 tbsp. cinnamon	beef liquor

Put all in a heavy kettle and heat gradually, stirring from the bottom occasionally. Cook slowly about 2 hours.





**For your own
kitchen secrets.**



Delightful little sandwiches for tea, cocktails, etc., can be made by using frankfurt rolls instead of loaves of bread. These can be toasted, or sauteed in butter, also.

French bread can be prepared ahead of time, and popped into the oven at the last minute to heat if it is sliced in chunks to the bottom crust, and spread generously with butter or margarine on each side of each cut. Serving it in this way obviates the use of bread and butter plates, a factor in dishwashing after a large party! If the butter is melted and a clove of garlic allowed to stand in it for a short time before it is spread on the bread, the flavor is delicious, that is if you like garlic!

Delicious toasted bread can also be prepared ahead of time by cutting slices 1 to 1-1/2 inches thick, trimming off the crusts and cutting into three strips. Butter each of the four sides and place in a pan with room between the sticks for the hot air to circulate. Just before dinner place in a hot oven (450°) until browned. It is usually well to turn them over once, though that varies with different ovens.

Slices of butter or margarine are cut easily if a piece of waxed paper is folded over the knife.

To broil a steak over charcoal or an open fire without losing the juices, first spread each side of the steak with salad oil and salt and cover with a coating consisting of 1/2 prepared mustard and 1/2 flour.

Frosted layer cakes cut smoothly if the knife is dipped in hot water frequently.

The shells of eggs hard boiled in well-salted water come off quickly and smoothly.

Bread will keep fresh and without molding for days in the refrigerator.

Raisins, brown sugar and confectioners sugar will keep soft in the refrigerator. Also brown sugar and confectioners sugar will keep soft in a tin with a piece of soft bread in it; if the sugar has become hard this will soften it.

Rolls or muffins may be freshened by being placed in a paper bag with the top twisted tightly and heated in the oven at 350° for about five minutes, until very hot. If two days old, or more, sprinkle with a few drops of water before closing bag.

A dash of nutmeg in any white sauce works wonders, it does not flavor but enriches.

Extra milk may be made up into white sauce and stored in the refrigerator for future use.

Milk for that favorite cake recipe may be soured by adding one tsp. of vinegar or lemon to a cup of milk.

A shaker of 3/4 salt and 1/4 black pepper kept near the stove is useful in cooking. Flavor food while cooking, taste as you go.

The odor of cooking cabbage is lessened by dropping two uncracked English walnuts into the kettle.

Egg and other stains are quickly removed from table silver by standing it for a few moments in an aluminum measuring cup (or any aluminum vessel) containing water and a good tbsp. of salt.

Remember to pour hot mixtures slowly into egg yolks, stirring constantly, then return entire mixture to double boiler or baking dish to finish cooking.

When deep fat frying without a thermometer the temperature can be tested with a crust of bread. If it rises at the count of twelve the fat is hot enough.

For salads use cider vinegar or red wine vinegar, never malt vinegar.

Any sweet herb goes well in salad.

A little onion cooked in the butter in which fish is sauteed adds to the flavor. Place 2 tbsp. of butter, 1/2 a small onion, diced, and 1/4 tsp. of soda in a frying pan; simmer until onion is soft. Add the fillets of fish and cook until done.

Jellies and creams can be made more attractive by the use of small arrangements of rose leaves, and the bright colored petals of roses, pinks, geraniums and verbenas.

A left over egg white can be saved for future use if it is placed on a plate and left in a warm place until thoroughly dried. Then scrape off the crystals and store in a jar. One tbsp. of crystals dissolved in 2 tbsp. of water will equal one egg white and will beat up perfectly.

A piece of lemon kept in the kitchen soap dish is useful for removing stains after peeling fruits and vegetables. Rub it on the fingers before attacking onions, lobsters, etc., and rub again before washing hands in cold water to destroy the odor.

Stains may be removed from wooden surfaces, pastry boards, bowls, spoons, etc., by rubbing with a slice of lemon and rinsing in cold water.

A medium sized cellulose sponge is very useful kept beside the sink for washing it out, wiping frying and roasting pans dry, etc. Keep a similar sponge with a can of cleaning powder near each bathtub for immediate use after bath.

That essence of domestic drudgery, dishwashing, will be lightened if the dishes are rinsed off and stacked as soon as possible after using, and the silver placed in a bowl or pan of hot, soapy water, until they can be washed. Always put pans to soak with one of the grease-dissolving detergents. A nylon vegetable brush kept near the sink is a great help in rinsing off the dishes.

When food becomes scorched, set the pan in cold water at once and it will eliminate the burned taste from that part of the food which is not actually burned.

Parsley, rinsed, shaken well, and kept in a glass jar in the refrigerator, will stay fresh and crisp for weeks.

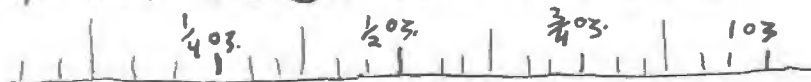
Scallops and lobsters combined make an unusual and delicious stew.

There is no better tuna fish than that caught in the waters around Cape Cod - incidentally, there is no better sport than tuna fishing. They are warm blooded fish, and it is best to bleed them as soon as possible after they are caught. Otherwise, cut them into chunks and place in a container with a large piece of ice - when the ice is melted, empty the liquid and repeat until the meat is almost white. Pack in sterilized jars, allowing 1 tsp. of salt and 2 tbsp. of oil (preferably olive oil) to the pint. For instructions in time required for processing write to Bureau of Fisheries, Department of Commerce, Washington, D. C.

Corduroy will be soft and smooth if a newspaper is placed over the article before ironing.

Colored materials will be made color-fast if rinsed in a solution of 1 tbsp. of turpentine to 1 gallon of water.

MEASUREMENTS



4 salt spoons

3 tsp.

4 tbsp.

2 gills

2 cups

2 pints

4 quarts

2 gals

4 cups flour

2 cups solid butter

2 cups granulated sugar

3 cups meal

2 cups solid meat

2 tbsp. butter

3 tbsp. flour

1 tbsp. sugar

1 tbsp. liquid

1 tsp.

1 tbsp.

1/4 cup or 1/2 gill

1 cup

1 pint

1 quart

1 gallon

1 peck

1 pound

1 pound

1 pound

1 pound

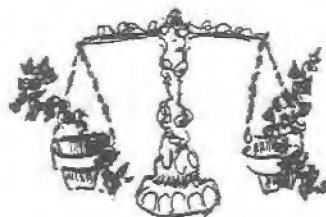
1 pound

1 ounce

1 ounce

1 ounce

1/2 ounce



YARMOUTH PORT
MASSACHUSETTS

Spaulding Moss Company
Boston, Massachusetts

Gentlemen —

With the publication of the
seventh edition of Cape Cod
Kitchen Secrets 50,000 copies of
this little book will have been
printed, and it seems a
fitting time to acknowledge the
large share you have had in
its success. Your staff have
been patient and helpful in
every way, and we are deeply
appreciative.

Sincerely yours.

The Yarmouth Port Branch
C.C.N.A.A.
by W.B. Bacon
chairman, Cook-book
committee



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you will mention this
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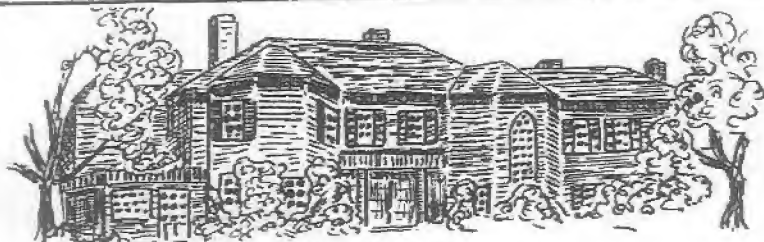
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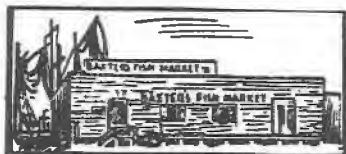
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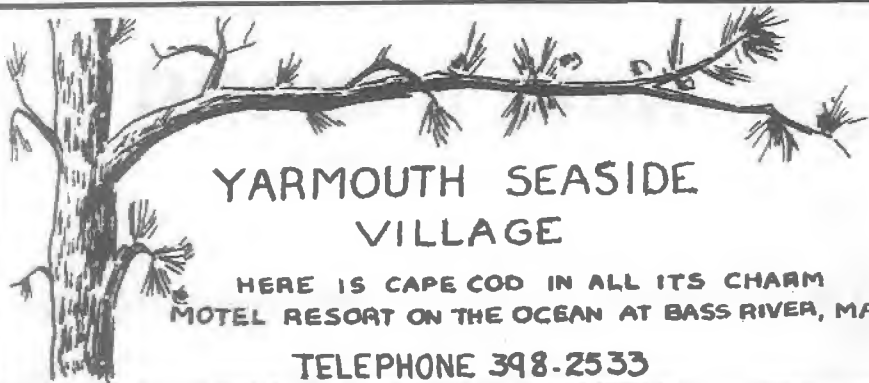
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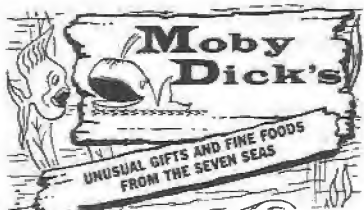
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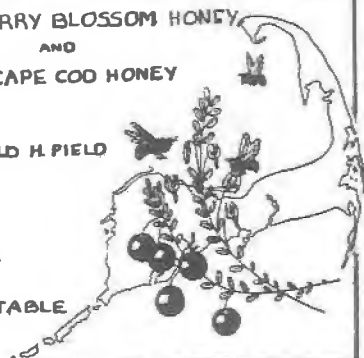
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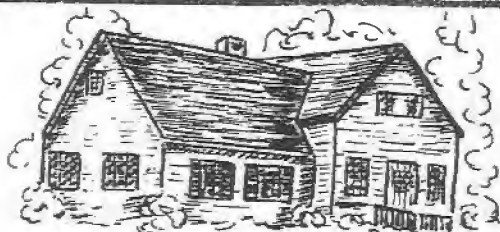
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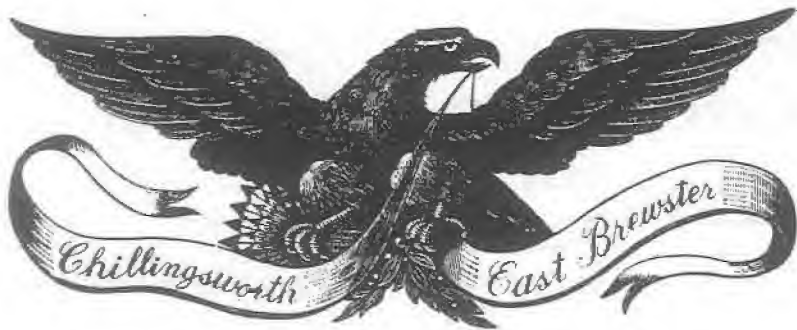
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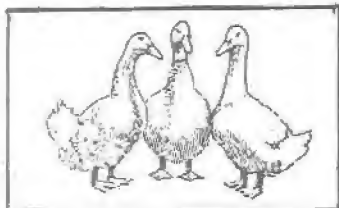
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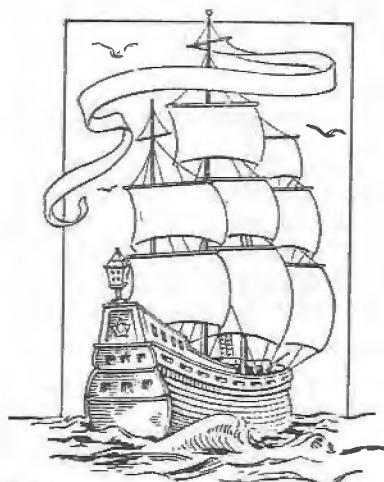


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